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ROSTI-TOPPED LAMB & ROSEMARY PIE
See page 72

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✓FIBRE KEY TO GOOD GUTS

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Turn to page 128 and subscribe to *Diabetic Living*, for your chance to save up to 35% off the regular price!

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JULY/AUGUST 2023

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ADDITIONAL IMAGES GETTY IMAGES

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THE AUSTRALIAN Women's Weekly

Houseplants

The A to Z of stylish indoor plants

Expert advice
- Propagating
- Positioning
- FAQs

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Making sense

You'd think it would be simple. If you're hungry, eat something. But there is so much information (and disinformation) swirling around about nutrition and diet that it can be hard to know what to believe and what's right for your situation. There are doctors, nutritionists and wellness influencers all saying different things and every day seems to bring a new theory to the table. In this issue, we've asked accredited practising dietitians to talk to us about food and nutrition.

Dr Kate Marsh (who's also a diabetes educator) discusses fat - long an unpopular member of the nutrition family - and whether it's actually as bad as we've been led to believe. Alison Bennet from the Baker Heart and Diabetes Institute explains the role of fibre in maintaing a healthy gut (which influences so many other things) and Susie Burrell tackles the question of whether to breakfast or not. And, of course, all our recipes have been approved and analysed by Shannon Lavery who's helping save money with a budget healthy meal planner and some tips on how to give your wallet a break.

It's expert opinions like these that I trust and I'm thrilled that these highly knowledgable dietitians are part of the Diabetic Living team and that we're able to share their wisdom with you every issue.

If you're looking for warming winter recipes that boost both your health and your budget, you've come to the right place. In addition to our money-saving meal plan, we've put a new spin on microwave meals, gathered together some hearty slow cooks and collected some sweet bakes. And if, like me, you've always got a jar of peanut butter in the cupboard, you'll love our ideas on how to use this pantry staple.

Stay warm and healthy over winter and let us know what you think of this issue!

Alix

Alix Davis,
Editor

PHOTOGRAPHY IMMEDIATE MEDIA AND GETTYIMAGES

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around 'diabetes lingo'? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

WORDS KAREN FITTALL; PHOTOGRAPHY GETTY IMAGES

TYPE 1 & TYPE 2...
What's the difference?

TYPE 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

TYPE 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 You're not alone
About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 It's your move
Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as five per cent of your body weight – can also have a positive impact.

3 We're here
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar, and a whole heap of healthy recipes. ■

FOOD MYTHS FOR PWD

It's my sweet tooth!
It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!
False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'
Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

YOUR healthy life

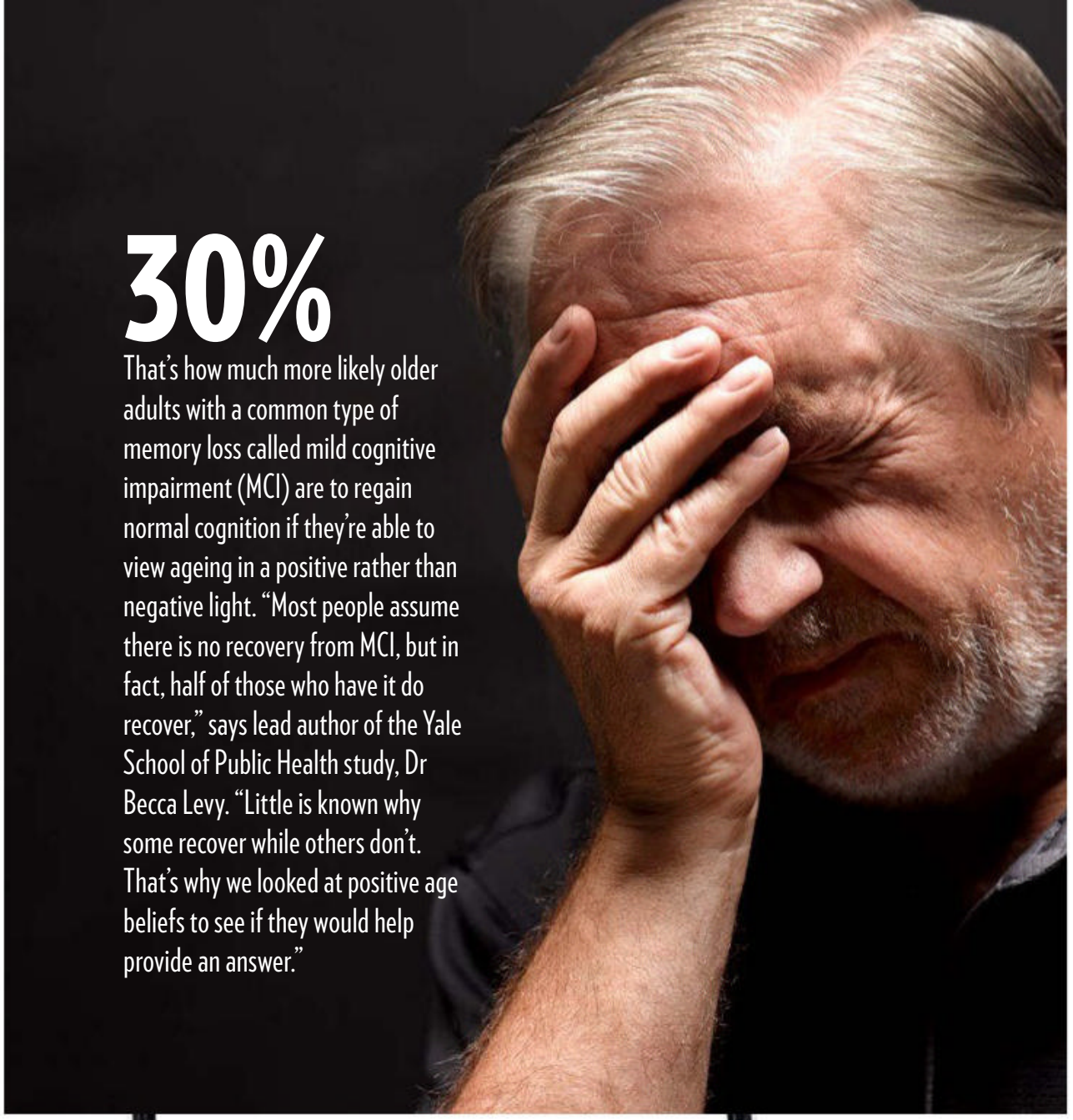
The latest global news on diabetes, staying well over winter and the NDSS

IT'S OFFICIAL – CRANBERRY JUICE CAN PROTECT AGAINST UTIS

It's long been the subject of debate or even labelled a complete myth, but the results of a Flinders University study have settled the argument once and for all – cranberry juice and cranberry supplements reduce the risk of repeat urinary tract infections (UTIs) by more than a quarter for women and by more than half in children. Drinking or taking cranberry juice or supplements can also lower UTI risk in people susceptible to infection following medical interventions, by about 53%.

"Most UTIs are effectively and pretty quickly treated with antibiotics, sometimes as little as one dose can cure the problem," says Flinders University epidemiologist Dr Jacqueline Stephens, a co-author of the study. "Unfortunately in some people UTIs keep coming back."

It's important to note that living with diabetes not only increases the risk of experiencing UTIs, when they do occur, they also tend to be more severe.



30%

That's how much more likely older adults with a common type of memory loss called mild cognitive impairment (MCI) are to regain normal cognition if they're able to view ageing in a positive rather than negative light. "Most people assume there is no recovery from MCI, but in fact, half of those who have it do recover," says lead author of the Yale School of Public Health study, Dr Becca Levy. "Little is known why some recover while others don't. That's why we looked at positive age beliefs to see if they would help provide an answer."

YOUR HbA1c RESULTS ARE AT YOUR FINGERTIPS

Did you know it's now possible to access your HbA1c results immediately through your My Health Record online? Previously, your HbA1c results were only available to access seven days after upload, allowing time for your healthcare provider to review and discuss results with you. This has recently changed so that if your pathology provider uploads your HbA1c results to your My Health Record, they're typically available to view as soon as they've been uploaded, giving you access at the same time as your doctors. Every Australian has a My Health Record, unless you opted out before the end of January 2019 or have cancelled your record. For more information visit *digitalhealth.gov.au* and click through to the My Health Record page or call the My Health Record helpline on 1300 901 001.

Q&A ASK DR MARSH

Q: I caught a really bad flu last winter so this year, as well as getting vaccinated, I'm keen to do everything I can to support my immune system. How do I stay well this winter?

Dr Marsh says: Eating a healthy, well-balanced diet is important for general health and wellbeing but there are a few nutrients that are particularly beneficial to our immune system. These include:

- Vitamin C – in citrus fruits, kiwifruit, berries, capsicum, tomato, broccoli and spinach.
- Zinc – found in fish, seafood, lean meat and poultry, legumes, wholegrains, nuts and seeds, and dairy foods.
- Vitamin A – in yellow-orange and dark green vegetables such as carrot, pumpkin, sweet potato and spinach.

Try to include these foods regularly in your winter meals.

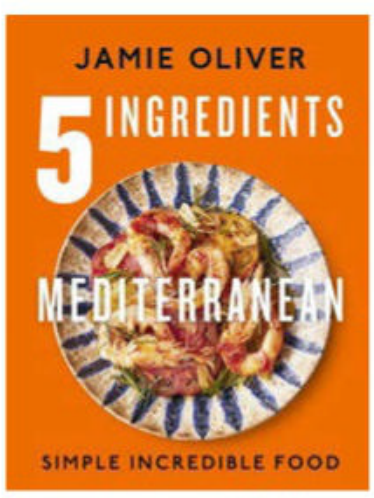
Wash your hands well before cooking and eating, and avoid sharing cups plates and cutlery, unless of course they're washed thoroughly between use.

Other lifestyle habits are also important when it comes to reducing your risk of colds and flu, including exercising regularly and getting enough sleep. Poor sleep can reduce your immunity, increasing the likelihood of getting sick, while regular moderate-intensity exercise is protective.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

Does it really take 21 days to form a new habit?

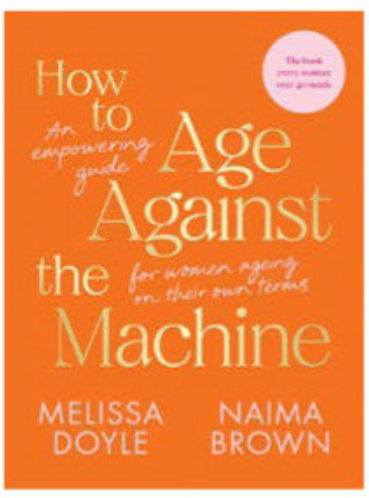
It's not quite as simple as that, with new research showing timelines vary. "You may have heard that it takes about 21 days to form a habit, but that estimate was not based on any science," says one of the study's authors, Dr Colin Camerer from the California Institute of Technology. "Our works supports that idea that the speed of habit formation differs according to the behaviour in question and a variety of other factors." For example, while creating a new hand-washing habit can take just a few weeks, forming a new gym habit takes about six months, on average. Far from being disheartening news, it's actually a positive, inspiring people not to be discouraged and to persevere if new habits don't take hold as early as expected.



5 Ingredients Mediterranean

By Jamie Oliver
Michael Joseph, $55.00

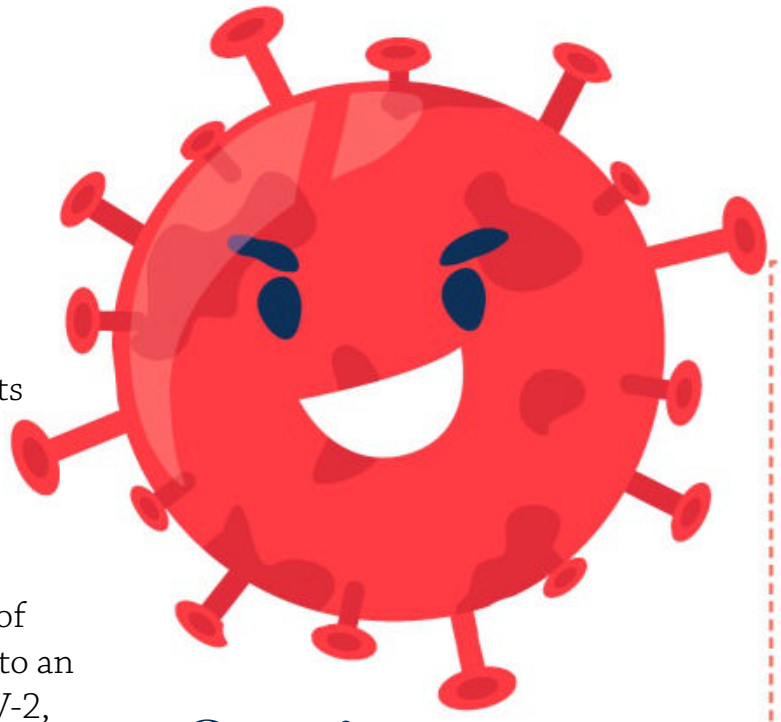
5 Ingredients Mediterranean is everything people loved about Jamie Oliver's first *5 Ingredients* book, but with the added va-va-voom of basing it on his lifelong travels around the Med. With more than 125 utterly delicious, easy-to-follow recipes, it makes everyday cooking super-exciting, with minimal fuss, all the while transporting you to sunnier climes, making it the ideal addition to winter days.



How to Age Against the Machine

By Melissa Doyle & Naima Brown
Hardie Grant Books, $45.00

Sharing the wisdom of experts as well as real stories from all walks of life, this is a joyous, information-packed ride through ageing as a woman in all its complexity and diversity. In addition to normalising ageing, it delivers a toolkit for these transformative years, showing you how to tap into and celebrate your value and relevance, to make the second part of your life safe, healthy, connected and fulfilled.

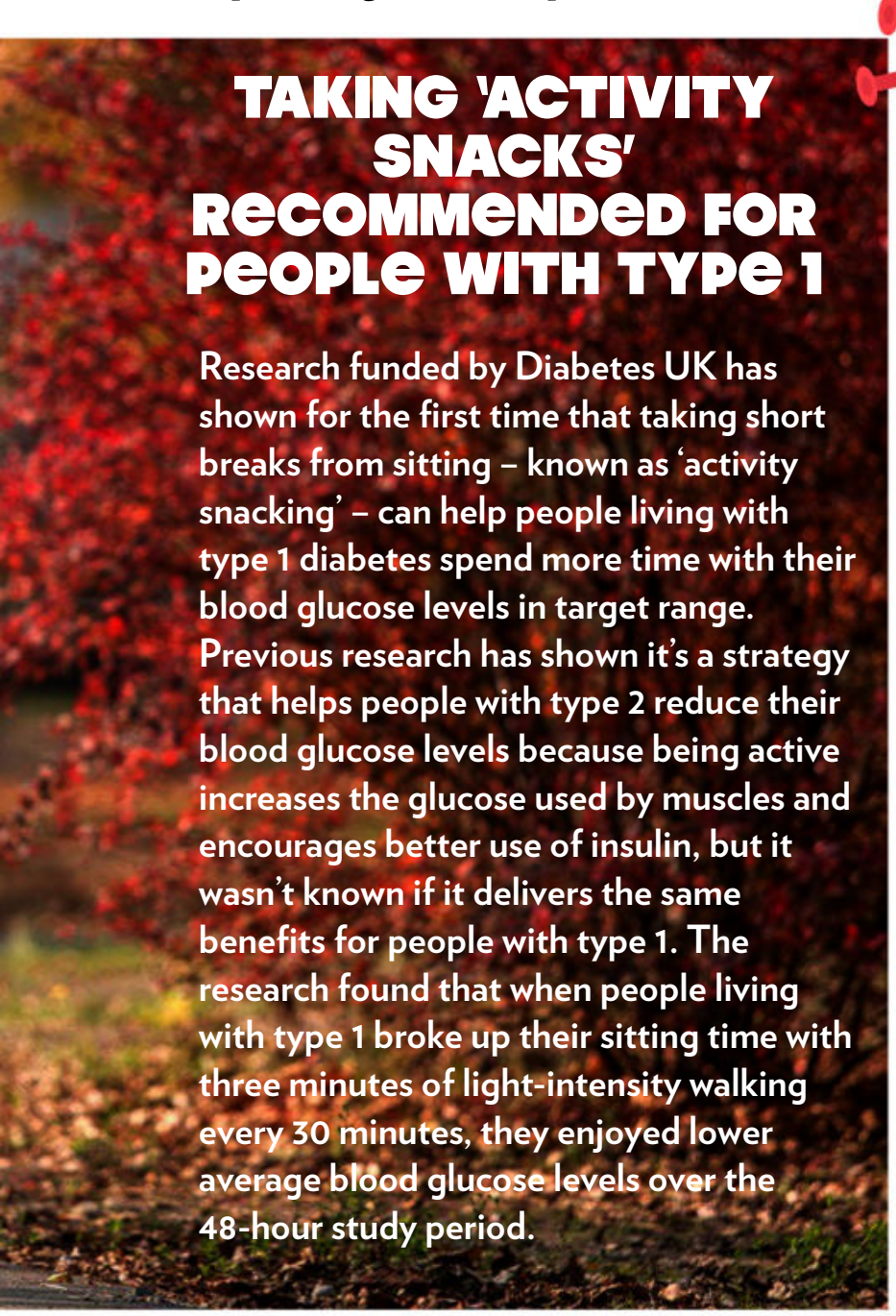


One in 20 new diabetes cases is linked to COVID

Research conducted at Canada's University of British Columbia suggests that out of every 100 people who've recently been diagnosed with either type 1 or type 2 diabetes, between 3-5% of cases can be linked back to an infection with SARS-CoV-2, the virus that causes COVID-19. And the more severe the infection, the greater risk. While further research is required to confirm that the virus is a direct cause of diabetes, previous research has already suggested that SARS-CoV-2 infection may increase the risk of developing diabetes by damaging insulin-producing cells in the pancreas.

HAVE YOU CHECKED OUT THE NEW 'MY NDSS' PORTAL?

It's an easy and secure way to access all of your National Diabetes Services Scheme (NDSS) information in one place. Once you're signed in, you can instantly view and update your personal details; see your past product purchases and eligibility; quickly book yourself into free support programs and events offered by the NDSS; contact the NDSS for help without having to pick up the phone; and get a digital copy of your NDSS card. Visit *events.ndss.com.au/signin* to log in or create an account. If you have any questions or need help completing your registration, call the NDSS Helpline on 1800 637 700.



TAKING 'ACTIVITY SNACKS' RECOMMENDED FOR PEOPLE WITH TYPE 1

Research funded by Diabetes UK has shown for the first time that taking short breaks from sitting – known as 'activity snacking' – can help people living with type 1 diabetes spend more time with their blood glucose levels in target range. Previous research has shown it's a strategy that helps people with type 2 reduce their blood glucose levels because being active increases the glucose used by muscles and encourages better use of insulin, but it wasn't known if it delivers the same benefits for people with type 1. The research found that when people living with type 1 broke up their sitting time with three minutes of light-intensity walking every 30 minutes, they enjoyed lower average blood glucose levels over the 48-hour study period.

New research shows the heart-health and diabetes-related benefits associated with dropping a few kilograms aren't reversed if you go on to regain some of the weight.

"Many doctors and patients recognise that weight loss is often followed by weight regain, and they fear this renders an attempt to lose weight pointless," says the University of Oxford's Dr Susan Jebb, a co-author of the review study, which investigated what happens if weight is regained after it's lost. Confirming that markers including blood pressure, HbA1c and cholesterol improved in people following an intensive weight-loss program, the research showed it meant cardiovascular-disease and type-2-diabetes risk fell for at least five years post weight loss – even if some of the weight was regained. "Our findings should provide reassurance that weight-loss programs are effective in controlling cardiovascular risk factors and are very likely to reduce the incidence of cardiovascular disease," says Dr Jebb.

Q: I keep hearing about people who have managed to put their type 2 into remission. It's inspirational, but despite my best efforts, so far I've been unsuccessful which is making me feel inadequate. Help!

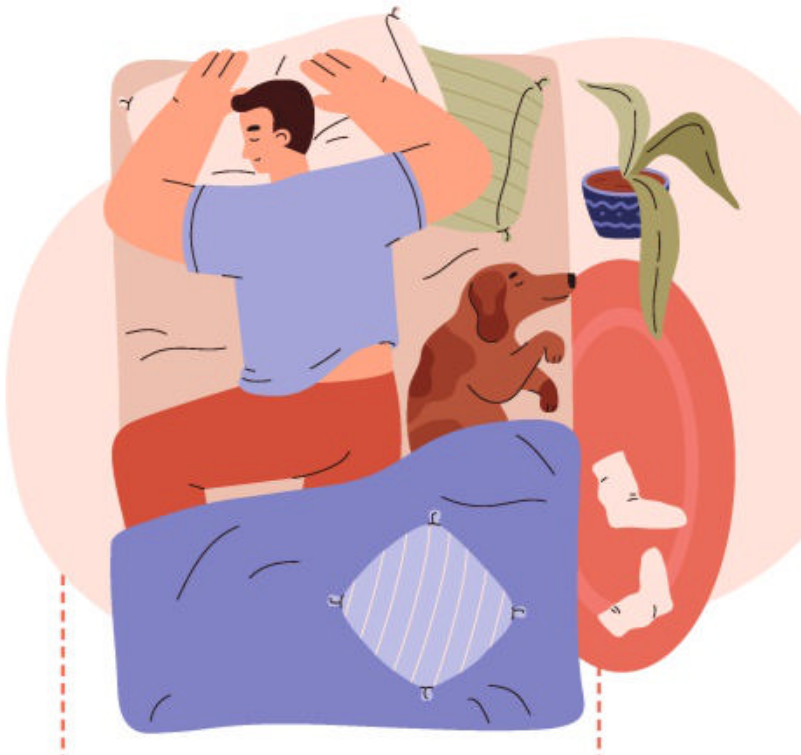
Dr Clarke says: That life doesn't always go to plan is a tough lesson, especially when we have given everything to achieving a particular outcome. Feelings of inadequacy, failure and even hopelessness can leave us doubting ourselves and our abilities.However, what if we are neither inadequate nor a failure? What if it's the process that's the problem? What if the agenda needs revision?

Goal setting requires us to continually review two things – the outcome we are working towards and the processes/behaviours/skills we bring to the work. Taking insufficient progress towards our goal personally by blaming and chastising ourselves, stifles our growth and limits our options. It might be worth considering whether the goal of remission is an appropriate one for you? Is remission the right 'agenda', so to speak, or is there a more suitable one? Also consider whether the processes you have engaged in as you move toward your goal need tweaking? Is there something new to try?

Dr Janine Clarke, psychologist

LIGHTS OUT IF YOU'RE **PREGNANT**

According to a ground-breaking study performed by researchers at Northwestern University in the US, people who have greater exposure to light three hours before sleep if they're pregnant are more likely to develop gestational diabetes. While growing evidence suggests exposure to light at night before bedtime may be linked to impaired glucose regulation in non-pregnant adults, this is one of the first studies to examine the effect of evening light exposure during pregnancy on the risk of developing gestational diabetes. "Our study suggests that light exposure before bedtime may be an under-recognised yet easily modifiable risk factor of gestational diabetes," says lead author of the study, Dr Minjee Kim. Based on the study, people who are pregnant should dim the lights and turn off, or at least dim, screens like smartphones and computer monitors a few hours before bedtime.



Sleep makes healthy behaviours more doable

If you've ever felt like sticking to your exercise and diet goals is harder when you're tired, fresh research shows you're not imagining it. Over the 12-month study period, people who were trying to lose weight did a better job of sticking to their exercise and diet plans if they got regular, uninterrupted sleep. The researchers say that while there are more than 100 studies linking sleep to weight gain, this study shows how sleep isn't just tied to weight itself, it's also tied to the things we do to help manage it. This could be because sleep impacts things that drive hunger and cravings, as well as metabolism and your body's ability to regulate it, and the ability to make healthy choices. The researchers suggest aiming for seven to nine hours of sleep a night and maintaining a regular wake time

WORDS KAREN FITTALL.
PHOTOGRAPHY GETTY IMAGES

Naturally Good.

with **Splenda® Stevia**

Ombre Berry Smoothie

Ingredients:

(for the first layer)

1/2 cup frozen mango chunks

1 cup frozen strawberries

1/2 cup plain nonfat Greek yogurt

1 cup unsweetened almond milk

3 packets Splenda® Stevia Sweetener

1 scoop vanilla protein powder, optional

(for the second layer)

1/2 cup frozen blueberries

1 packet Splenda® Stevia

(for the third layer)

1/3 cup frozen blackberries

1 packet Splenda® Stevia

Method: In a blender, combine all ingredients for first layer. Puree until smooth. Pour the first layer into two glasses, leaving about half of the smoothie in the blender.

Add the second layer ingredients to the blender and blend until smooth. Pour the second layer on top of each smoothie, leaving about half of the smoothie in the blender.

Add the third layer ingredients to the blender and blend until smooth. Pour the final layer on the top, dividing between the two glasses. Enjoy a beautiful, colorful smoothie!

Nutrition Info Per Serving

Serving Size: 1 (350ml) Smoothie

Calories	130
Total Fat	2g
- Saturated Fat	0g
Cholesterol	5mg
Sodium	115mg
Total Carbs	26g
Dietary Fibre	3g
Sugars	15g
- Added Sugars	0g
Protein	8g

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HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including…

DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit **diabetesaustralia.com.au**.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS) An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit **ndss.com.au** or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA) Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to **adea.com.au** to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF) Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to **jdrf.org.au** to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit **footforward.org.au**

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit **keepsight.org.au**

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to **mydesmondaustralia.com.au** to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS) While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit **ndis.gov.au** or call **1800 800 110** for more information.

SCAN TO SHOP

EASY TO GROW

TREAT YOURSELF
OR SOMEONE SPECIAL

hardtofind.

HARDTOFIND.COM.AU

5 DAYS DINNERS

HOW OUR FOOD WORKS FOR YOU
see page 86

Healthy eating doesn't mean sacrificing flavour. Case in point, these five delicious dinners, already planned out for you, including the shopping list (how's that for easy?)

MONDAY

West Indian spiced eggplant curry

Recipe, page 20

GF LC

CHICKEN WITH CRUSHED HARISSA CHICKPEAS

PREP 5 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

1 tbsp olive oil
½ brown onion, chopped
1 capsicum, cut into thin strips
2 (125g each) skinless chicken breast fillets, trimmed of fat
2 tsp za'atar (see Cook's tip)
Freshly ground black pepper
½ x 425g can no-added-salt chickpeas, drained and rinsed
1-2 tsp harissa paste
3 tbsp water
75g baby spinach leaves
¼ small bunch of flat-leaf parsley, finely chopped
Lemon wedges, to serve

1 Heat 3 tsp of the oil in a medium non-stick frying pan over medium heat. Add the onion and capsicum and cook, stirring occasionally, for 7 minutes or until the onion softens and is light golden.

2 Meanwhile, put the chicken between two sheets of baking paper and lightly bash until about 2cm thick. Combine the remaining oil and the za'atar in a small bowl. Rub over the chicken. Season with pepper.

3 Preheat the grill to high. Line a baking tray with foil. Put the chicken on the lined tray. Cook under preheated grill for 3-4 minutes each side, or until golden and cooked through.

4 Put the chickpeas, harissa paste and 2 tbsp water in a small saucepan. Cook over medium heat until warmed through. Use a potato masher to roughly mash. Put the spinach and remaining water in a small microwave-safe dish. Cover and cook on High/100% for 1 minute or until the spinach wilts.

5 Add the onion mixture, spinach and parsley to the chickpeas. Toss to combine. Slice the chicken and serve with the chickpea mixture and lemon wedges for squeezing over.

NUTRITIONAL INFO

PER SERVE 1480kJ (354Cal), **protein** 37g, **total fat** 14g (sat. fat 3g), **carbs** 16g, **fibre** 9g, **sodium** 348mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

TUESDAY

COOK'S TIP

If you don't have any za'atar you can simply combine a little dried mixed herbs, sumac, freshly ground black pepper and toasted sesame seeds or replace the za'atar with dukkah.

GF

MEATBALLS WITH CREAMY MUSHROOMS & MASH

PREP 25 MINS **COOK** 30 MINS **SERVES** 2 (AS A MAIN)

300g Zerella Spud Lite Potatoes, chopped
1 tbsp light margarine
25ml light milk
Freshly ground black pepper
250g turkey breast mince
2 tbsp grated parmesan
½ apple, peeled, core removed and grated
2 tsp olive oil
½ brown onion, chopped
1 clove garlic, crushed
150g mushrooms, sliced
½ bunch thyme
100g Philadelphia Light Cooking Cream
200g green beans, steamed, to serve

1 Cook the potatoes in a medium saucepan of boiling water for 15 minutes or until tender. Drain the potatoes and return to the pan. Add the margarine and milk. Season with pepper. Mash until smooth. Cover the pan with the lid and set aside to keep warm.

2 Meanwhile, combine the mince, parmesan, grated apple and pepper in a bowl. Shape the mixture into ping-pong-ball-sized meatballs. Heat half the oil in a wide non-stick frying pan over medium heat. Add the meatballs and cook, stirring often, for 3-4 minutes or until golden brown all over and almost cooked through. Transfer to a plate.

3 Heat the remaining oil in the frying pan over medium heat. Add the onion and cook, stirring occasionally, for 8-10 minutes or until soft and translucent. Add the garlic, mushrooms and thyme. Season with pepper. Cook, stirring occasionally, for 10 minutes or until the mushrooms are soft and most of the liquid has evaporated. Stir in the cooking cream.

4 Stir the meatballs through the sauce and cook over medium heat for 2-3 minutes or until cooked through. Serve with the mash and beans.

NUTRITIONAL INFO

PER SERVE 2140kJ (512Cal), **protein** 42g, **total fat** 21g (sat. fat 10g), **carbs** 31g, **fibre** 9g, **sodium** 431mg • **Carb exchanges** 2 • **GI estimate** medium • **Gluten free**

GFO LCO

PESTO SALMON PASTA BAKE

PREP 10 MINS **COOK** 45 MINS
SERVES 2 (AS A MAIN)

100g cherry tomatoes, halved or sliced
130g piece skinless and boneless salmon fillet
100g dried penne or gluten-free pasta
150g broccoli, cut into small florets
50g pesto or gluten-free pesto
80g Philadelphia Light Cooking Cream
20g dried (packaged) breadcrumbs or gluten-free breadcrumbs
1 tbsp grated parmesan
½ tsp olive oil

1 Preheat grill on high. Line a baking tray with baking paper. Arrange the tomatoes and salmon on the lined tray and spray with olive oil cooking spray. Cook under grill for 10 minutes or until the salmon is cooked through and the tomatoes are juicy. Set aside to cool.

2 Meanwhile, cook the penne following packet instructions, adding the broccoli for the last 2 minutes of cooking. Drain the pasta, reserving a small amount of the cooking liquid.

3 Return the pasta and broccoli to the pan. Add the pesto, cream for cooking, half of the tomatoes and enough of the reserved pasta water to thin the sauce to the consistency of double cream. Flake in the salmon and toss to combine.

4 Preheat oven to 180°C (fan-forced). Tip the pasta mixture into a small baking dish. Combine the breadcrumbs, parmesan and oil. Scatter over the pasta mixture. Spoon over the rest of the tomatoes. Bake for 20 minutes or until the topping is golden and crunchy.

THURSDAY

NUTRITIONAL INFO

PER SERVE 2410kJ (577Cal), **protein** 30g, **total fat** 27g (sat. fat 9g), **carbs** 49g, **fibre** 6g, **sodium** 614mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace penne with 100g Atkins Low carb penne.

PER SERVE 2380kJ (568Cal), **protein** 49g, **total fat** 28g (sat. fat 10g), **carbs** 26g, **fibre** 11g, **sodium** 636mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO LCO

WEST INDIAN SPICED EGGPLANT CURRY

PREP 15 MINS **COOK** 30 MINS **SERVES** 2 (AS A MAIN)

1 tsp ground cumin
1 tsp ground coriander
½ tsp ground turmeric
1 large eggplant
150ml water
2 tbsp passata
½ long green chilli, finely chopped
1cm piece ginger, finely chopped
2 tsp caster sugar
2 tsp olive oil
3 green shallots, chopped
½ bunch coriander, shredded
125g Sunrice Low GI White Rice Microwave Cup, heated following packet directions
4 tbsp high protein plain yoghurt
1 roti or gluten-free flatbread, warmed, halved
Lime wedges, to serve

1 Combine the cumin, coriander and turmeric in a small bowl. Set aside.

2 Cut the eggplant into 1cm-thick rounds, then score both sides of each round with the tip of a sharp knife. Rub with the spice mix until well coated (you should use all of the mix). Transfer to a board. Put the water in the bowl the spices were in. Add the passata, chilli, ginger and sugar. Stir. Set aside.

3 Heat the oil in a large non-stick frying pan over medium heat. Arrange the eggplant in the frying pan, overlapping the rounds if you need to. Cook for 5 minutes each side or until golden. Add the liquid mix from the bowl to the pan. Bring to a simmer. Cover and cook for 15-20 minutes, turning the eggplant occasionally until cooked through. If it seems dry, you may need to add up to 100ml water to make it saucier.

4 Scatter over the green shallots and coriander. Serve with the rice, yoghurt, roti and lime wedges for squeezing over.

NUTRITIONAL INFO

PER SERVE 1630kJ (390Cal), **protein** 14g, **total fat** 10g (sat. fat 2g), **carbs** 55g, **fibre** 13g, **sodium** 206mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the white rice and roti with 2 cups warm cauliflower rice and 1 Simson's Pantry Low carb super grains wrap (halved).

PER SERVE 1040kJ (249Cal), **protein** 14g, **total fat** 8g (sat. fat 2g), **carbs** 24g, **fibre** 15g, **sodium** 191mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO

CORN FRITTERS WITH CHIPOTLE COD

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

3 x 60g eggs
2 tbsp wholemeal plain flour or gluten-free plain flour
300g can no-added-salt corn kernels, drained
3 green shallots, finely sliced
Freshly ground black pepper
1 tbsp olive oil
1 clove garlic, finely sliced
200g cherry tomatoes, halved
1-2 tbsp chipotle sauce
Zest and juice of 1 lime
2 x 150g each skinless blue eye cod fillets or firm white fish fillets
½ small bunch coriander, chopped

1 Whisk the eggs and flour in a medium bowl until smooth. Stir in the corn and green shallots. Season with pepper.

2 Heat half the oil in a medium non-stick frying pan over medium heat. Pour in the batter and cook over medium heat for 3 minutes on each side or until golden.

3 Preheat grill to medium-high. Line a baking tray with baking paper. Heat the remaining oil in a small non-stick frying pan over medium heat. Add the garlic and tomatoes. Cook, stirring often, for 5 minutes. Stir in the chipotle sauce and lime zest and juice.

4 Meanwhile, place the fish on the lined tray and grill for 3-4 minutes on each side until cooked through.

5 Slice the corn fritter into four and divide between two serving plates. Sprinkle with the coriander and serve with the fish and chipotle tomatoes.

NUTRITIONAL INFO

PER SERVE 2030kJ (486Cal), **protein** 45g, **total fat** 20g (sat. fat 4g), **carbs** 27g, **fibre** 8g, **sodium** 670mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

FRIDAY

Corn Fritters with chipotle cod

Recipe, opposite

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

GROCERIES

PASSATA: You can freeze any remaining passata in a small airtight container for another day. Alternately, use to spread over pizza base, in soups or casseroles.

ZA'ATAR: Sprinkle over raw lean protein before cooking. Use in casseroles, sprinkle over hummus or use in dressing.

CHICKPEAS: Add into soups, casseroles or to make hummus.

PESTO: Use to spread over your pizza bases. Top with your favourite thinly sliced vegies, sprinkle with reduced-fat cheese and bake until crispy. Top with rocket leaves and drizzle with a little balsamic vinegar.

PENNE: Cook and use to make a pasta bake with a healthy vegie bolognaise. Toss together. Top with a mixture of breadcrumbs, chopped herbs and reduced-fat grated cheese. Bake until golden. Serve with salad.

HARISSA PASTE: Use in dressings and Middle Eastern cooking.

YOGHURT: Combine with chopped cucumber, chopped herbs, crushed garlic, lemon zest and a squeeze of lemon juice. Serve as a dip with vegie sticks.

RICE TUB: Cook and serve with your favourite healthy curry or stir-fry.

ROTI: Serve leftover roti with curries, or as a dipper with soups.

CHIPOTLE SAUCE: Use in dressings, marinades or in Mexican cooking.

LIGHT COOKING CREAM: Use in sauces or desserts.

FRUIT & VEGETABLES

CHILLI: Finely chop and add to salad dressings. Thinly slice and add to stir-fries or salads.

GINGER: Finely chop, grate or slice and use in casseroles, stir-fries or in dressings.

SHALLOTS: Thinly diagonally slice and sprinkle on top of pasta dishes and casseroles.

LEMON OR LIME: Squeeze and mix the juice with a little honey and grated ginger and boiling water for a hot night time drink.

POTATOES: Bake, roast or cook and use to make potato salad.

HERBS: Finely chop and stir through pasta sauces or casseroles. Mix chopped herbs with grated lemon zest, grated garlic, little olive oil and freshly ground black pepper. Sprinkle over casseroles just before serving.

APPLE: Thinly slice and serve with a few slices of reduced-fat cheddar and a few rice crackers as a quick and easy snack or dessert. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

SHOPPING LIST

GROCERIES

- ❑ 400g bottle pasatta
- ❑ 1 pkt za'atar (see Cook's tip on recipe)
- ❑ 425g can no-added-salt chickpeas
- ❑ 70g tube harissa paste
- ❑ 300g can no-added-salt corn kernels
- ❑ 220g jar chipotle sauce
- ❑ 500g pkt dried penne pasta
- ❑ 190g bottle pesto
- ❑ 2 x 125g pkt SunRice Low GI White Rice Microwave Cups
- ❑ 1 pkt roti bread

CHILLED (FRIDGE & DELI)

- ❑ Small tub high protein natural yoghurt (e.g. YoPro, Coles High Protein yoghurt, Woolworths High Protein yoghurt)
- ❑ 240g tub Philadelphia Light Cooking Cream

MEAT AND POULTRY

- ❑ 2 (125g each) skinless chicken breast fillets
- ❑ 250g turkey breast mince

SEAFOOD

- ❑ 2 x 150g skinless blue eye cod fillets or firm white fish fillets
- ❑ 130g piece skinless and boneless salmon fillet

FRUIT & VEGETABLES

- ❑ 1 large eggplant
- ❑ 1 long green chilli
- ❑ Piece ginger
- ❑ ½ bunch green shallots
- ❑ 1 bunch coriander
- ❑ 2 limes
- ❑ 1 brown onion
- ❑ 1 capsicum
- ❑ 75g baby spinach leaves
- ❑ 1 bunch flat-leaf parsley
- ❑ 1 lemon
- ❑ 300g cherry tomatoes
- ❑ 150g broccoli
- ❑ 1.25kg Zerella Spud Lite Potatoes
- ❑ 1 apple
- ❑ 150g mushrooms
- ❑ 1 bunch thyme
- ❑ 200g green beans

PANTRY

- ❑ Ground cumin
- ❑ Ground coriander
- ❑ Ground turmeric
- ❑ Caster sugar
- ❑ Olive oil
- ❑ Black pepper
- ❑ 3 x 60g eggs
- ❑ Wholemeal plain flour
- ❑ 2 cloves garlic
- ❑ Dried (packaged) breadcrumbs
- ❑ Parmesan
- ❑ Light margarine
- ❑ Light milk

BUDGET HEALTHY DIET PLAN

Our seven-day plan spotlights low-cost ingredients, low waste and energy-efficient cooking methods. As always, the meals are nutritionally balanced, providing all the goodness you need to re-energise, reduce sugar intake and lose excess weight to help you feel your very best.

HOW OUR FOOD WORKS FOR YOU
see page 86

WHAT MAKES THE PLAN
BUDGET-FRIENDLY?

Along with providing nutritious inspiration that caters to a variety of dietary requirements, a core focus of this year's plan is cost, so you'll find recipes that don't require expensive ingredients, lots of equipment or high-energy cooking methods. We've also concentrated on pantry and freezer-friendly items, while reducing the selection of ingredients so you can buy in bulk and keep costs down.

The secret to success is preparation and planning, which is why we suggest using the Saturday before you start the plan to shop for ingredients and do some food prep to help you through a busy week. We've also cut down the time you'll spend in the kitchen – the majority of recipes serve four or more so you'll only need to cook once and enjoy leftovers with minimum effort for a lunch or dinner on another day.

WHAT MAKES THE PLAN
HEALTHY?

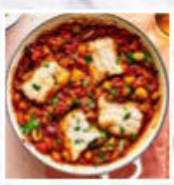
Achieving the right nutrition through a healthy, balanced diet can improve your mood, support energy levels as well as help you think more clearly. Based on that, our plans are packed with colourful fruit and veg, and minimally processed ingredients that provide healthy fats, lean proteins and slow-release carbs in the form of fibre-rich wholegrains and pulses, plus fermented ingredients like yoghurt. A combination of these are associated with several positive health effects, including better digestion, stronger immune system and improved mindset so you can expect to feel more energised, brighter and sharper.

Our recipes have been analysed without additional salt and instead we use spices and herbs to provide layers of flavour.

This seven-day plan provides no more than 1,500 calories (6,270kJ) per day for a moderate shortfall allowing for steady, controlled weight loss where desired. However, if weight loss is not your goal, you can include some extra between-meal snacks such as fruit, yoghurt and nuts to boost your energy and nutrient intake.

As with any lifestyle or diet change, we encourage you to speak to your GP if you have any concerns or health issues before following our plans. If you're vegetarian, turn to page 38 to see our meat-free plan.

YOUR 7-DAY BUDGET DIET PLAN FOR TWO

	breakfast	lunch	dinner
sunday	**Smoky mushroom & potato hash,** *Recipe, page 28*	**Carrot & lentil soup with feta,** *Recipe, page 32*	**Whole roast chicken with braised veg & peas,** *Recipe, page 36*
monday	**Porridge with apple, raisins & walnuts,** *Recipe, page 27*	**Carrot & lentil soup with feta,** *Recipe, page 32*	**Whole roast chicken with braised veg & peas,** *Recipe, page 36*
tuesday	**Porridge with apple, raisins & walnuts,** *Recipe, page 27*	**Spiced chicken egg wraps,** *Recipe, page 37*	**Cod & olive tagine with brown rice,** *Recipe, page 35*
wednesday	**Crunchy peanut butter & banana pots,** *Recipe, page 29*	**Curried noodles,** *Recipe, page 30*	**Sardine kedgeree,** *Recipe, page 31*
thursday	**Crunchy peanut butter & banana pots,** *Recipe, page 29*	**Spinach & tuna omelette,** *Recipe, page 33*	 **Cod & olive tagine with brown rice,** *Recipe, page 35*
friday	**Porridge with apple, raisins & walnuts,** *Recipe, page 27*	**Carrot & lentil soup with feta,** *Recipe, page 32*	**One-pot capsicum pasta,** *Recipe, page 34*
saturday	**Crunchy peanut butter & banana pots,** *Recipe, page 29*	**Sardine kedgeree,** *Recipe, page 31*	**One-pot capsicum pasta,** *Recipe, page 34*

START THE DAY RIGHT

Enjoy these easy-to-prepare breakfasts to keep you fuelled until lunchtime

PORRIDGE WITH APPLE, RAISINS & WALNUTS

PREP 10 MINS **COOK** 5 MINS
SERVES 2 (AS A BREAKFAST)

90g (1 cup) rolled oats
½ tsp ground cinnamon, plus extra to serve (optional)
150ml water
250ml (1 cup) soy milk, plus 4 tbsp extra, to serve
2 small red apples
1½ tbsp raisins
8 walnut halves, broken

1 Put the oats, ½ tsp cinnamon, water and 250ml (1 cup) milk in a saucepan over low heat. Cook until the mixture comes to a simmer. Simmer, stirring frequently, for 5 minutes or until the porridge thickens.

2 Meanwhile, grate the apples, including the skin. Hold the apple wth the stalk facing up and coarsely grate until you reach the core, then turn and grate again, continuing to grate and turn until you are just left with the cores.

3 Divide the porridge between serving bowls. Top with the apple, raisins and walnuts. Sprinkle over extra cinnamon, if you like. Pour over the extra milk, to serve.

NUTRITIONAL INFO

PER SERVE 1720kJ (411Cal), **protein** 13g, **total fat** 12g (sat. fat 2g), **carbs** 57g, **fibre** 10g, **sodium** 81mg • **Carb exchanges** 4 • **GI estimate** low

$2.40 PER SERVING

HEALTH TIP

Choose a soy milk that has been fortified with calcium to support strong and healthy bones.

SMOKY MUSHROOM & POTATO HASH WITH OATY THINS

$5.15 PER SERVING

PREP 15 MINS **COOK** 40 MINS **SERVES** 2 (AS A BREAKFAST)

100g rolled oats
70ml soy milk
½ tsp baking powder

HASH
2 (275g) Zerella Spud Lite Potatoes, unpeeled, cut into slim wedges
1 tbsp olive oil
160g mushrooms, thickly sliced
1 red onion, roughly chopped
1 tsp smoked paprika
4 tomatoes, halved
2 x 60g eggs

1 Put the oats and milk into a bowl. Use a hand held blender to blitz and break down the oats to a less coarse texture. Set aside for 10 minutes to soak.

2 Meanwhile to make the hash, cook the potatoes in a saucepan of boiling water for 5 minutes. Drain and set aside. Heat the oil in a large non-stick frying pan over medium heat. Add the mushrooms, onion and paprika. Cook, stirring occasionally, for 5 minutes or until the onion starts to soften. Add the potatoes and cook, stirring occasionally, for 10 minutes. Stir in the tomatoes and cook for 5 minutes.

3 The oaty mixture should be very stiff by now. Stir in the baking powder. Divide the mixture in half. Use wet hands to press out half the mixture on a plastic chopping board to make a thin disc, like a pancake, then carefully lift it off with a palette knife and cook in a dry non-stick frying pan for 2 minutes on each side. Transfer to a plate. Repeat with the other half of the mixture.

4 While the second oat thin cooks, push the potato mixture to the side in the other pan, break in the eggs and cook until the whites are set and the yolks are runny.

5 Serve the oat thins topped with the hash and eggs.

NUTRITIONAL INFO

PER SERVE 2180kJ (522Cal), **protein** 22g, **total fat** 21g (sat. fat 4g), **carbs** 52g, **fibre** 14g, **sodium** 227mg • **Carb exchanges** 3½ • **GI estimate** low

STORAGE TIP
The pots will keep covered in the fridge for up to four days.

$1.60 PER SERVING

CRUNCHY PEANUT BUTTER & BANANA POTS

PREP 10 MINS (+ COOLING AND OVERNIGHT CHILLING) **COOK** 10 MINS **MAKES** 6 (1 PER SERVE; AS A BREAKFAST)

295g (3¼ cups) rolled oats
2 tsp ground cinnamon, plus extra, for sprinkling
1.3L water
2 bananas, finely chopped
80g no-added-sugar-or-salt crunchy peanut butter
500g soy yoghurt

1 Put the oats, cinnamon and water into a large saucepan. Bring to the boil over high heat. Reduce heat to low and cook, stirring occasionally, for 6-7 minutes or until the oats are cooked and the mixture thickens. Stir in the chopped banana. Cook, stirring, for 1 minute. Remove the pan from the heat. Set aside to cool for 5 minutes. Stir in 6 tbsp of the yoghurt.

2 Beat the peanut butter into the remaining yoghurt until well combined. Divide half the oat mixture into the bases of six glass tumblers and spoon in half of the nutty yoghurt. Top with the rest of the oat mixture, then the remaining yoghurt mixture to create clear layers.

3 To serve, dust generously with extra cinnamon.

NUTRITIONAL INFO

PER SERVE 1520kJ (364Cal), **protein** 15g, **total fat** 16g (sat. fat 3g), **carbs** 36g, **fibre** 7g, **sodium** 66mg • **Carb exchanges** 2½ • **GI estimate** low

To keep prep to a minimum, several of these main meals create leftovers for enjoying another day

HEARTY AND WHOLESOME

GFO CURRIED NOODLES

PREP 15 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

$3.20 PER SERVING

150g dried wholegrain 2-minute noodles (no seasoning) or gluten-free noodles
2 tsp olive oil
1 red capsicum, halved, thinly sliced
1 carrot, cut into matchsticks
1 tbsp finely chopped ginger
3 cloves garlic, finely chopped
1 small red chilli, deseeded and finely chopped (optional)
½ tsp cumin seeds
1-2 tsp curry powder or gluten-free curry powder
2½-3 tbsp no-added-sugar-or-salt crunchy peanut butter
1 tbsp passata
½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
150ml boiling water
100g frozen peas
Juice of half a lemon

1 Cook the noodles following packet instructions. Drain and rinse well to ensure the strands are separate.

2 Meanwhile, heat the oil in a wok or non-stick frying pan over high heat. Add the capsicum, carrot, ginger, garlic and chilli, if using. Stir-fry for 5 minutes or until the vegetables soften. Stir in the cumin seeds and curry powder. Stir-fry for 30 seconds or until aromatic.

3 Combine the peanut butter, passata and vegetable stock until smooth. Add the drained noodles to the wok along with the frozen peas, then pour in the peanut and tomato mixture and toss everything together. Add a little more water if the sauce seems a little thick. Squeeze in the lemon juice, toss well and serve.

NUTRITIONAL INFO

PER SERVE 1950kJ (467Cal), **protein** 18g, **total fat** 27g (sat. fat 5g), **carbs** 32g, **fibre** 16g, **sodium** 214mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

$5.40 PER SERVING

LEFTOVERS

Set the remaining kedgeree aside to cool. Once cool transfer to an airtight container and keep in the fridge for up to three days. Reheat in a saucepan or microwave on Medium/50% or until piping hot (without the lemons, which are best served cold).

GFO SARDINE KEDGEREE

PREP 20 MINS **COOK** 40 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2 FOR ANOTHER DAY)

2 x 60g eggs
3 x 125g cans sardines in sunflower oil (boned if you prefer), 2 tsp oil reserved
2 brown onions, finely chopped
1 tbsp finely chopped ginger
1 long red chilli, deseeded and chopped
305g (2⅓ cups) brown rice
2 tsp curry powder or gluten-free curry powder
1 tsp cumin seeds
1 tsp salt-reduced vegetable stock powder or gluten-free stock powder
650ml boiling water
400g frozen chopped spinach
⅓ bunch coriander, chopped
½ lemon, cut into wedges

1 Add the eggs to a small saucepan of boiling water and simmer over medium heat for 8 minutes. Drain and rinse under cold water. Set aside until cool enough to handle. Peel the eggs.

2 Meanwhile, heat the reserved oil from the canned sardines in a large non-stick frying pan over medium heat. Add the onion, ginger and chilli. Cook, stirring often, for 10 minutes or until the onions soften and are golden.

3 Add the rice, curry powder and cumin seeds to the onion mixture. Stir. Pour in the stock. Stir well, then drop in the frozen spinach, spaced apart, on top. Don't stir at this stage, just cover and leave to cook over low heat for 15 minutes. Add the sardines, cover and cook for a further 5 minutes or until the rice is tender.

3 Add the coriander to the pan and toss gently to combine. Cut the eggs into wedges, then serve on top along with the lemon wedges for squeezing over. Serve half.

NUTRITIONAL INFO

PER SERVE 2350kJ (562Cal), **protein** 26g, **total fat** 21g (sat. fat 5g), **carbs** 59g, **fibre** 12g, **sodium** 529mg • **Carb exchanges** 4 • **GI estimate** medium • **Gluten-free option**

GFO CARROT & LENTIL SOUP WITH FETA

PREP 20 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 4 FOR ANOTHER MEAL)

2 tbsp olive oil
3 brown onions, chopped
5 cloves garlic, chopped
750g carrots, sliced
1 tbsp smoked paprika
1 tbsp ground coriander
1 tbsp thyme leaves
300g dried red lentils, rinsed and drained
2 tsp salt-reduced vegetable stock powder or gluten-free stock powder
1.3L boiling water
2 x 425g cans no-added-salt chickpeas, undrained
150g reduced-fat feta, crumbled

1 Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring frequently for 10 minutes or until the onions start to turn golden. Add the garlic and carrots. Cook, stirring, for 2 minutes. Stir in the paprika, coriander, thyme and lentils. Cook, stirring, for 1 minute.

2 Combine the stock powder and water. Add to the pan. Cover and simmer for 20 minutes or until the lentils are pulpy and tender. Remove the pan from the heat. Use a hand-held blender to roughly blitz the soup – you don't want it to be completely smooth. Stir in the chickpeas and the liquid from the cans. Reheat the soup, stirring, over low heat.

3 Serve two bowls straightaway, each topped with 25g of the crumbled feta.

LEFTOVERS

Leave the remaining soup to cool before transferring to an airtight container. Keep in the fridge for up to 4 days. Reheat in a saucepan over low heat until piping hot, then scatter over 25g of the remaining feta for each portion.

NUTRITIONAL INFO

PER SERVE 1910kJ (456Cal), **protein** 26g, **total fat** 13g (sat. fat 4g), **carbs** 49g, **fibre** 18g, **sodium** 544mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO LCO

SPINACH & TUNA OMELETTE

PREP 15 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

85g wholemeal penne or gluten-free penne
200g frozen chopped spinach, moisture squeezed out
3 cloves garlic, finely grated
1 tsp smoked paprika, plus an extra pinch, to serve
6 pitted green olives, sliced into rings
4 x 60g eggs
185g can tuna in springwater, drained
1 tsp olive oil

SALAD
1 red onion, halved and thinly sliced
Juice of half a lemon
2 tomatoes, cut into thin wedges
20g reduced-fat feta, crumbled
Few thyme leaves, to serve (optional)

1 To make the salad, put the red onion and lemon juice in a bowl and scrunch together using your hands. Set aside for the onions to soften.

2 Meanwhile, cook the pasta in a medium saucepan of boiling water following packet instructions, or until tender. Drain and cool under running cold water. Drain. Transfer to a bowl. Add the spinach, garlic, paprika and olives. Toss to combine. Fold in the eggs.

3 Heat the oil in a 20cm non-stick frying pan over low heat. Tip in the tuna, spinach and egg mixture. Cook, covered, for about 10 minutes or until set. Turn out onto a plate and slide back into the pan to cook the other side for 5 minutes.

4 Top the omelette with the red onions, tomatoes and crumbled feta. Sprinkle with a little extra paprika and thyme, if you like. Cut into wedges, to serve.

$6.65 PER SERVING

NUTRITIONAL INFO

PER SERVE 2250kJ (539Cal), **protein** 46g, **total fat** 20g (sat. fat 5g), **carbs** 36g, **fibre** 15g, **sodium** 874mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the penne with 85g Atkins Low Carb Penne, cooked following packet instructions.

PER SERVE 2250kJ (539Cal), **protein** 61g, **total fat** 20g (sat. fat 6g), **carbs** 20g, **fibre** 16g, **sodium** 890mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

LEFTOVERS

Leave the remainder of the pasta to cool. Transfer to an airtight container and keep in the fridge for up to 4 days. Reheat in a pan over a low heat with a splash of water until piping hot.

GFO LCO

ONE-POT CAPSICUM PASTA

PREP 15 MINS **COOK** 45 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

2 tbsp olive oil
2 brown onions, chopped
500g extra lean beef mince
2 capsicums, finely chopped
3 cloves garlic, chopped
1 tbsp thyme leaves
2 tbsp smoked paprika
400g can no-added-salt chopped tomatoes
2 tbsp passata
800ml boiling water
2 tsp salt-reduced stock powder or gluten-free stock
180g wholemeal dried penne or gluten-free penne

1 Heat the oil in a large saucepan over medium heat. Add the onions and cook, stirring often, for 10 minutes or until golden. Add the mince and cook, breaking apart any lumps with a wooden spoon, for 2-3 minutes or until the mince is browned. Stir in the capsicum and cook, stirring often, for 5 minutes.

2 Add the garlic, thyme and paprika to the pan. Stir well. Add the tomatoes, tomato purée and stock and bring to the boil. Reduce the heat to medium-low and simmer, covered, for 10 minutes. Add the penne, put the lid back on and return to the boil. Reduce the heat to medium-low and simmer for a further 12 minutes or until the penne is tender. Set aside to stand for 5 minutes.

3 Divide half the pasta between two serving plates and serve.

$4.70 PER SERVING

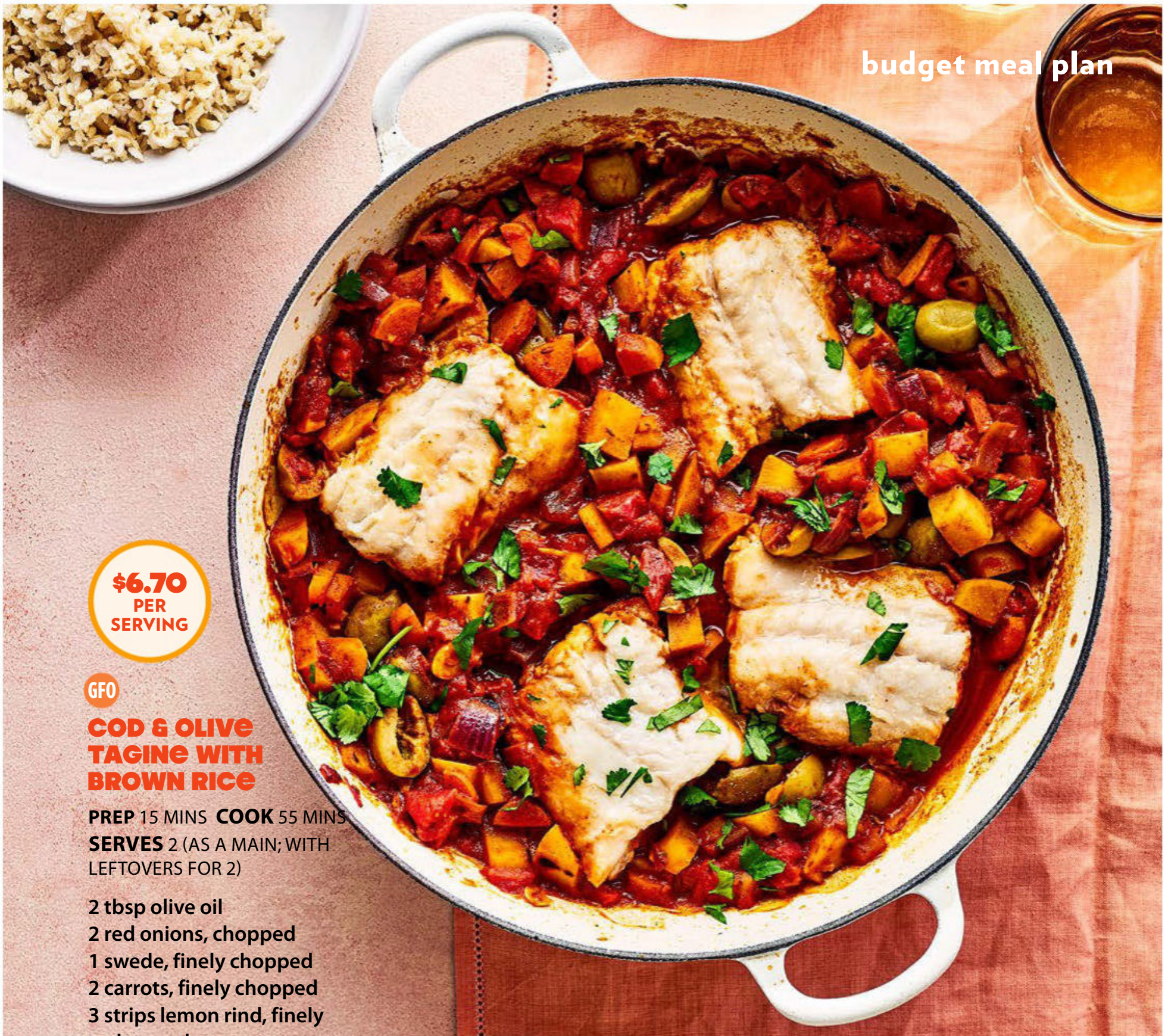
NUTRITIONAL INFO

PER SERVE 2120kJ (506Cal), **protein** 40g, **total fat** 17g (sat. fat 4g), **carbs** 42g, **fibre** 14g, **sodium** 394mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the penne with 180g Atkins Low Carb Penne, cooked following packet instructions.

PER SERVE 2110kJ (506Cal), **protein** 57g, **total fat** 17g (sat. fat 5g), **carbs** 25g, **fibre** 15g, **sodium** 412mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**



$6.70 PER SERVING

GFO

COD & OLIVE TAGINE WITH BROWN RICE

PREP 15 MINS **COOK** 55 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

- 2 tbsp olive oil
- 2 red onions, chopped
- 1 swede, finely chopped
- 2 carrots, finely chopped
- 3 strips lemon rind, finely chopped
- 4 cloves garlic, thinly sliced
- 1 tsp ground cinnamon
- 1 tsp cumin seeds
- 2 tsp ground coriander
- 400g can no-added-salt chopped tomatoes
- 2 tbsp passata
- 300ml boiling water
- 1½ tsp salt-reduced stock powder or gluten-free stock powder
- 12 pitted green olives, halved lengthways
- 250g cooked brown rice, heated following packet directions
- 4 (120g each) skinless blue eye cod fillets or firm white fish fillets
- ⅓ bunch coriander, chopped

LEFTOVERS Leave the rest of the tagine and rice to cool, then transfer to an airtight container and keep in the fridge for up to three days. Reheat the tagine in a saucepan over low heat until piping hot. Reheat the rice in the microwave until completely heated through.

1 Heat the oil in a large saucepan over medium heat. Add the onion, swede, carrots, lemon rind and garlic. Cook, stirring often, for 10 minutes. Add the cinnamon, cumin and coriander. Stir for 1 minute.

2 Stir in the tomatoes, passata, combined stock powder and water, and olives. Cover and cook for 25 minutes.

3 Stir the tomato mixture well, then nestle in the fish fillets. Cover and cook for 20 minutes or until the fish is cooked through. Scatter over the coriander. Serve half with half the cooked rice.

NUTRITIONAL INFO

PER SERVE 1660kJ (398Cal), **protein** 29g, **total fat** 15g (sat. fat 2g), **carbs** 34g, **fibre** 7g, **sodium** 558mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO LC WHOLE ROAST CHICKEN WITH BRAISED VEGETABLES & PEAS

PREP 10 MINS **COOK** 1 HR 30 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 4 AND LEFTOVER CHICKEN FOR WRAPS)

800g Zerella Spud Lite potatoes, thinly sliced
1 large leek, sliced
1 tbsp thyme leaves, plus the stalks
4 cloves garlic, chopped
2 (550g) swede, thinly sliced
450ml boiling water
2 tsp salt-reduced vegetable powder or gluten-free stock
1 tbsp olive oil
1.3kg whole chicken
320g frozen peas

1 Preheat the oven to 180°C (fan-forced). Line a deep roasting tin with baking paper. Add the potatoes, leeks, thyme leaves, garlic and swede in a deep roasting tin. Toss to combine. Shake into an even layer. Combine the water and stock powder. Pour over the stock. Brush the vegetables with the oil. Roast for 20 minutes.

2 Put the thyme stalks in the chicken cavity. Put the chicken on top of the vegetables and roast for 1 hour or until cooked through. After 30 minutes, check the potatoes – add 150ml water if they've started to catch. Transfer the chicken to a board to rest for 10 minutes.

3 Meanwhile, cook half the peas following pack instructions.

4 Carve off the chicken legs and remove the skin. Serve with half the roast vegetables and the peas.

NUTRITIONAL INFO

PER SERVE 1880kJ (449Cal), **protein** 33g, **total fat** 23g (sat. fat 6g), **carbs** 22g, **fibre** 9g, **sodium** 281mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

LEFTOVERS

Leave the remaining chicken and vegetables to cool. Place in an airtight container in the fridge for up to 3 days. To prepare the leftovers, remove the skin from one of the breasts, and reheat it with the vegetables in the microwave until piping hot. Cook the remaining peas following pack instructions. Slice the breast and serve with the vegetables. Use final breast for the egg wraps (see recipe opposite).

$6.30 PER SERVING

GFO

SPICED CHICKEN EGG WRAPS

PREP 20 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN)

$7.30 PER SERVING

1 red onion, halved and thinly sliced
Juice of 1 lemon

FILLING
420g can no-added-salt black beans
2 tsp tomato purée
½ tsp smoked paprika
1 tsp ground coriander
½ tsp salt-reduced stock powder or gluten-free option
200g cooked skinless chicken breast, sliced (use what's left from the roast chicken opposite)
⅓ bunch coriander, chopped
2 tomatoes, cut into thin wedges

EGG WRAPS
4 x 60g eggs
½ tsp smoked paprika
½ tsp ground cumin seeds
1 tsp olive oil

1 Put the red onion and lemon in a bowl and scrunch together using your hands. Set aside for the onions to soften.

2 To make the filling, mostly drain the beans, leaving a little liquid in the can. Tip into a bowl. Add the passata, paprika, coriander and stock powder. Mash until smooth. Top with the chicken, cover and cook on High/100% for 2-3 minutes or until hot.

3 To make the wraps, whisk 2 eggs with ¼ tsp each of the paprika and cumin seeds. Heat half the oil in a 20cm non-stick frying pan over a medium heat. Tip in the egg mix and cook undisturbed for about 5 minutes or until set (no need to turn it). Transfer to a plate and repeat with the remaining oil, eggs and spices.

4 Spoon the warm bean mixture down the centre of the egg wraps. Top with half the coriander, the warm chicken, tomatoes and onions, then scatter with the remaining coriander. Drizzle over any lemon juice from the onions and serve straightaway.

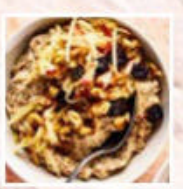
NUTRITIONAL INFO

PER SERVE 2220kJ (531Cal), **protein** 57g, **total fat** 19g (sat. fat 4g), **carbs** 28g, **fibre** 9g, **sodium** 386mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

MEAT-FREE MEALS

These recipes, along with our breakfasts on pages 27-29, add up to a healthy vegetarian diet for seven days

YOUR 7-DAY BUDGET VEGETARIAN DIET PLAN FOR TWO

	breakfast	lunch	dinner
sunday	**Smoky mushroom & potato hash with oaty thins,** *Recipe, page 28*	**Corn, coconut & lentil chowder,** *Recipe, page 41*	**Vegie pasta one-pot,** *Recipe, page 40*
monday	**Crunchy peanut butter & banana pots,** *Recipe, page 29*	**Warm cauliflower salad,** *Recipe, page 45*	**Carrot & lentil soup with feta,** *Recipe, page 32*
tuesday	**Porridge with apple, raisins & walnuts,** *Recipe, page 27*	**One-pan spinach, eggs & tomatoes,** *Recipe, page 43*	**Capsicum & mushroom socca pizza,** *Recipe, page 39*
wednesday	**Porridge with apple, raisins & walnuts,** *Recipe, page 27*	**Carrot & lentil soup with feta,** *Recipe, page 32*	**Oven-baked bhajis,** *Recipe, page 42*
thursday	**Crunchy peanut butter & banana pots,** *Recipe, page 29*	**Lemon & spinach rice with feta,** *Recipe, page 44*	**Curried noodles,** *Recipe, page 30*
friday	 **Porridge with apple, raisins & walnuts,** *Recipe, page 27*	**One-pan spinach, eggs & tomatoes,** *Recipe, page 43*	**Corn, coconut & lentil chowder,** *Recipe, page 41*
saturday	**Crunchy peanut butter & banana pots,** *Recipe, page 29*	**Vegie pasta one-pot,** *Recipe, page 40*	**Warm cauliflower salad,** *Recipe, page 45*

$4.40 PER SERVING

GF

CAPSICUM & MUSHROOM SOCCA PIZZA

PREP 15 MINS **COOK** 25 MINS **SERVES** 2 (AS A MAIN)

1 tsp olive oil
70g mushrooms, thinly sliced
1 capsicum, halved, thinly sliced
2 tbsp passata
1 clove garlic, finely grated
2 tbsp water
2 tomatoes, chopped
2 tbsp chopped basil
2 tbsp grated mozzarella

BASE
160g chickpea (gram) flour
250ml (1 cup) water
1 tbsp olive oil

1 Preheat oven to 180°C (fan-forced). To make the base, put the flour in a large bowl. Whisk in the water to make a batter. Heat the oil in a large non-stick frying pan over low heat. Pour in the batter and cook for 4-5 minutes or until set. Loosen with a palate knife or spatula, turn and cook for 1-2 minutes on the other side.

2 Meanwhile, for the toppings, heat the oil in a medium non-stick frying pan over medium heat. Add the mushrooms and capsicum and cook, stirring often, for 4-5 minutes or until soft. Mix the passata and garlic in a bowl with the water. Add to the pan with the tomatoes. Stir well.

3 Turn the base out onto a baking tray lined with baking paper. Spread over the tomato mixture. Scatter over the mushrooms, capsicum, half the basil and the cheese. Bake for 5-10 minutes or until the cheese melts. Scatter with the remaining basil to serve.

NUTRITIONAL INFO

PER SERVE 2060kJ (494Cal), **protein** 23g, **total fat** 21g (sat. fat 5g), **carbs** 45g, **fibre** 14g, **sodium** 123mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten free**

LEFTOVERS

Leave the remaining pasta to cool completely. Transfer to an airtight container and keep in the fridge for up to 4 days. To serve, tip into a saucepan with a splash of water and reheat over low heat until piping hot. Sprinkle over the remaining cheese.

$4.15 PER SERVING

GFO

VEGIE PASTA ONE-POT

PREP 15 MINS **COOK** 35 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

2 tbsp olive oil
3 red onions, halved and sliced
2 capsicums, quartered, sliced
1 large eggplant, finely chopped
4 large cloves garlic, chopped
2 tbsp smoked paprika
500g passata
1L (4 cups) boiling water
1 tsp salt-reduced stock powder or gluten-free stock powder
250g dried wholemeal penne or gluten-free pasta
¼ cup basil, chopped
10 pitted green olives, quartered
80g (1 cup) reduced-fat grated cheese

1 Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring occasionally, for 10 minutes. Add the capsicum, eggplant, garlic, paprika, passata and combined boiling water and stock powder. Cover and bring to the boil over high heat. Reduce heat to medium-low and cook covered, for 10 minutes.

2 Stir the penne into the pan and return to the boil. Reduce heat and cook, covered, for 12-15 minutes or until the penne is tender. Stir in the basil and olives. Remove the pan from the heat and set aside for 5 minutes.

3 Divide half the pasta between two plates and sprinkle over half the cheese.

NUTRITIONAL INFO

PER SERVE 2130kJ (510Cal), **protein** 22g, **total fat** 17g (sat. fat 4g), **carbs** 57g, **fibre** 20g, **sodium** 730mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LEFTOVERS

Leave the remaining soup to cool completely. Transfer to an airtight container and keep in the fridge for up to four days. Reheat in a pan over low heat until piping hot.

GFO CORN, COCONUT & LENTIL CHOWDER

PREP 10 MINS **COOK** 40 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 4)

1 tbsp olive oil
2 brown onions, chopped
4 cloves garlic, chopped
2 red chillies, deseeded, finely chopped
2 tsp curry powder or gluten-free curry powder
2 tsp cumin seeds
2 tsp ground turmeric
200g dried red lentils
2L (8 cups) boiling water
3 tsp salt-reduced stock powder or gluten-free stock powder
400g frozen or fresh corn kernels
400g Zerella Spud Lite Potatoes, cut into small cubes
280g Chobani Coconut Yoghurt
½ cup coriander, chopped

1 Heat the oil in a large saucepan over medium heat. Add the onions and cook, stirring occasionally, for 8 minutes or until softened. Stir in the garlic, chillies, curry powder, cumin seeds, turmeric and lentils. Cook, stirring, for 2 minutes. Pour in the combined boiling water and stock powder, and the corn. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 15-20 minutes or until the lentils are tender.

2 Remove pan from the heat and briefly blitz the soup using a hand blender – you don't want it to be completely smooth. Add the potatoes, then cover and return to a medium heat for 10-15 minutes or until the potatoes are tender. Remove pan from the heat and stir in the yoghurt and coriander.

3 Serve two bowlfuls straightaway.

NUTRITIONAL INFO

PER SERVE 1910kJ (456Cal), **protein** 23g, **total fat** 8g (sat. fat 2g), **carbs** 62g, **fibre** 16g, **sodium** 435mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

GFO OVEN-BAKED BHAJIS

PREP 15 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

80g chickpea (gram) flour
1 tsp curry powder or gluten-free curry powder
1 tsp cumin seeds
1 tsp ground turmeric
½ tsp salt-reduced stock powder or gluten-free stock powder
1 tbsp passata
2 x 60g eggs
1 large carrot, coarsely grated
3 brown onions, halved and thinly sliced
2 tbsp chopped ginger
2 tsp olive oil

LEMON RICE
2 tsp olive oil
150g (⅔ cup) brown rice
½ tsp cumin seeds
½ tsp ground turmeric
½ tsp ground cinnamon
400ml boiling water
½ tsp salt-reduced stock powder or gluten-free stock powder
2 thick strips of lemon zest (from the lemon in the salad, below)

SALAD
70g (⅓ cup) low-fat natural yoghurt
Juice of ½ lemon
420g can no-added-salt chickpeas, rinsed and drained
⅓ bunch coriander, chopped
4 tomatoes, chopped
1 large carrot, cut into thin strips or coarsely grated
1 red chilli, deseeded and chopped (optional)

1 Preheat oven to 180°C (fan-forced). Line a baking tray with baking paper.

2 Combine the flour, curry powder, cumin seeds, turmeric and stock powder in a bowl. Combine the passata and eggs in a separate bowl. Add the carrot, onion and ginger to the flour mixture. Toss to coat. Add the egg mixture and stir to combine. Stir in the oil.

3 Spoon 12 neat mounds of the batter on the lined tray. Bake for 20-25 minutes or until golden.

4 Meanwhile, to make the rice, heat the oil in a medium saucepan over medium heat. Add the rice, cumin seeds, turmeric and cinnamon. Cook, stirring, for 1 minute. Add the combined boiling water and stock powder, and lemon zest to the pan. Cover and bring to the boil over high heat. Reduce heat to medium and simmer for 20-25 minutes or until the rice is tender and the liquid is absorbed.

5 To make the salad, toss all the ingredients together.

6 Serve half the bhajis and rice with half the salad.

LEFTOVERS Serve half the bhajis and rice with half the salad. Cool the remaining bhajis and rice. Put the bhajis, rice and salad in separate in airtight containers and keep in the fridge for up to three days. Reheat the bhajis at 160°C (fan-forced) for 10-15 minutes or until piping hot. Reheat the rice in the microwave. Serve with the salad.

NUTRITIONAL INFO

PER SERVE 1940kJ (464Cal), **protein** 19g, **total fat** 12g (sat. fat 3g), **carbs** 63g, **fibre** 14g, **sodium** 277mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

GFO

ONE-PAN SPINACH, EGGS & TOMATOES

PREP 15 MINS **COOK** 40 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

1 tbsp olive oil
2 brown onions, halved and thinly sliced
4 cloves garlic, chopped
1½ tbsp smoked paprika
500g passata
500ml (2 cups) boiling water
½ tsp salt-reduced vegetable stock powder or gluten-free stock powder
150g dried red lentils
400g frozen spinach
420g can no-added-salt borlotti beans
½ cup basil leaves, chopped
2 tomatoes, cut into wedges
8 x 60g eggs

1 Heat the oil in a large, deep non-stick frying pan over medium heat. Add the onions and cook, stirring occasionally, for 7-8 minutes or until softened. Stir in the garlic, paprika, passata, combined water and stock powder. Add the lentils and spinach, cover and bring to the boil over high heat. Reduce heat to medium-low and simmer, covered, stirring occasionally, for 25-35 minutes or until the lentils are tender.

2 Stir in the beans along with the liquid from the can. Stir in the basil and tomatoes. Remove half the mixture and set aside. Make four gaps in the mixture using a spoon, and crack one egg into each. Cover and cook over a low heat for 5 minutes until the eggs are set. Serve half the lentil mixture with the four eggs.

NUTRITIONAL INFO

PER SERVE 2070kJ (496Cal), **protein** 36g, **total fat** 17g (sat. fat 4g), **carbs** 40g, **fibre** 21g, **sodium** 759mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

$4.00 PER SERVING

LEFTOVERS

Leave the remaining lentil mixture to cool completely, then transfer to an airtight container and keep in the fridge for three days. To serve, reheat in a small saucepan with a splash of water, then cook the remaining eggs as you did in step 2, above.

GFO LEMON & SPINACH RICE WITH FETA

PREP 15 MINS **COOK** 40 MINS **SERVES** 2 (AS A MAIN; WITH LEFTOVERS FOR 2)

1 tbsp olive oil
2 brown onions, finely chopped
3 large cloves garlic, sliced
300g brown rice
700ml boiling water
1 tsp salt-reduced stock powder or gluten-free stock powder
400g frozen spinach
¼ cup dill, finely chopped
Zest of 1 lemon, ½ juiced, ½ cut into 4 wedges
2 tbsp walnuts, chopped
75g reduced-fat feta, crumbled

1 Heat the oil in a large saucepan over medium heat. Add the onion and garlic. Cook, stirring often, for 10 minutes or until the onion softens.

2 Stir the rice into the pan. Add the combined boiling water and stock powder, frozen spinach and half each of the dill and lemon zest. Cover, reduce the heat to low and cook for 25 minutes or until the rice is tender.

3 Scatter over the remaining dill and lemon zest, the nuts and feta. Toss gently together along with the lemon juice. Serve half of the rice straightaway with two lemon wedges on the side for squeezing over.

NUTRITIONAL INFO

PER SERVE 1890kJ (453Cal), **protein** 16g, **total fat** 14g (sat. fat 3g), **carbs** 58g, **fibre** 11g, **sodium** 450mg • **Carb exchanges** 4 • **GI estimate** high • **Gluten-free option**

$2.20 PER SERVING

LEFTOVERS Leave the rest of the rice to cool completely. Place in an airtight container and keep in the fridge for up to 3 days. Reheat in the microwave until piping hot, then serve with the remaining lemon wedges.

$5.70 PER SERVING

GF

WARM CAULIFLOWER SALAD

PREP 15 MINS **COOK** 30 MINS **SERVES** 2 (AS A MAIN)

320g cauliflower, broken into florets
1 red capsicum, quartered, deseeded and sliced
1 tbsp olive oil
1 red onion, halved and thinly sliced
Zest and juice of 1 large lemon
1 tbsp raisins
35g (¼ cup) walnuts, roughly chopped or broken into chunks
1 red chilli, deseeded and chopped
¼ cup dill sprigs, chopped

HUMMUS
400g can butter beans, rinsed and drained
1 clove garlic, sliced
½ tsp smoked paprika
2 tsp olive oil
2 tbsp water

1 Preheat oven to 180°C (fan-forced). Line a medium roasting tin with baking paper. Rub the cauliflower and capsicum all over with 2 tsp of the oil. Roast for 30 minutes or until tender.

2 Put the onion and all but 1 tbsp of the lemon juice in a glass or plastic bowl. Use your hands to scrunch to start softening the onions. Add the raisins, walnuts and chilli. Toss to combine. Set aside.

3 To make the hummus, tip the beans into a small food processor with the garlic, paprika, oil and the reserved lemon juice. Add the water and blitz until smooth.

4 Spread the hummus over two plates. Toss the roasted vegetables with the onions, remaining oil, half the lemon zest and the dill. Spoon over the hummus and scatter with the remaining zest.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal), **protein** 17g, **total fat** 28g (sat. fat 3g), **carbs** 35g, **fibre** 20g, **sodium** 257mg • **Carb exchanges** 2½ • **GI estimat**e low • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

MICROWAVE MAGIC

Chicken & tomato risotto

Recipe, page 51

HOW OUR FOOD WORKS FOR YOU
see page 86

Your microwave can be used for so much more than just heating up leftovers. It may not be as on-trend as the air fryer but you'll be amazed at the meals you can make using this everyday appliance.

Vegetarian mug lasagne

Recipe, page 52

GFO

PRAWN LAKSA NOODLE SOUP

PREP 5 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

100g dried rice vermicelli noodles
400ml can light coconut milk
1 tbsp laksa or Thai red curry paste or gluten-free paste
500ml (2 cups) water
1 red chilli, sliced (deseeded if you like)
1 clove garlic, finely chopped
Juice of 1 lime
1 tsp no-added-sugar-or-salt peanut butter
2 tsp fish sauce
300g cooked prawns, peeled and deveined
Small handful of coriander, leaves picked, stems finely chopped

1 Put the vermicelli noodles in a heatproof bowl and cover with boiling water. Set aside for 2-3 minutes to soak or until the noodles become opaque. Rinse and drain well.

2 Put the coconut milk, laksa or curry paste, water, chilli, garlic and lime juice in a large microwave-safe bowl. Cover with a microwave-safe lid or plate and cook on High/100% for 2-3 minutes or until boiling. Stir in the peanut butter, fish sauce, prawns and coriander stems.

3 Cover again and cook on High/100% for 1 minute or until warmed through. Divide the noodles between two bowls, pour over the prawn broth, then sprinkle over the coriander leaves. Serve.

HEALTH TIP

To boost the fibre content of this meal try adding a mix of your favourite vegies to your laksa.

NUTRITIONAL INFO

PER SERVE 1820kJ (435Cal), **protein** 19g, **total fat** 18g (sat. fat 14g), **carbs** 43g, **fibre** 3g, **sodium** 1040mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Rather than serving with rice, try serving with some extra steamed vegies, such as a bunch of broccolini and sliced carrot. This will lower the carbs and boost the fibre content!

PER SERVE 1690kJ (405Cal), **protein** 39g, **total fat** 19g (sat. fat 6g), **carbs** 16g, **fibre** 8g, **sodium** 924mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

Orange & salmon soy parcels
Recipe, opposite

GFO LCO

ORANGE & SALMON SOY PARCELS

PREP 10 MINS **COOK** 5 MINS
SERVES 2 (AS A MAIN)

2 tbsp salt-reduced soy sauce or gluten-free soy sauce
1 red chilli, deseeded (if you like), thinly sliced
3cm piece ginger, peeled and cut into thin sticks
2 green shallots, thinly sliced diagonally
Juice of 1 orange
2 tsp honey
2 x 150g skinless and boneless salmon fillets
2 heads baby bok choy, halved lengthways
2 x 125g Sunrice Low GI White Rice Microwave Cups, heated following packet directions

1 Combine the soy sauce, chilli, ginger, green shallots, orange juice and honey in a bowl.

2 Cut two large squares of baking paper. Place a salmon fillet and half the bok choy in the middle of each piece of paper.

3 Bring the baking paper over the fish, pinch and fold the corners together. Transfer to a plate. Divide the sauce between the parcels. Fold in the ends to seal. Microwave on High/100% for 4-5 minutes or until the salmon is cooked.

4 Pour the sauce over the fish and serve with the rice.

NUTRITIONAL INFO

PER SERVE 2390kJ (571Cal), **protein** 39g, **total fat** 20g (sat. fat 6g), **carbs** 56g, **fibre** 5g, **sodium** 870mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO

CHICKEN & TOMATO RISOTTO

PREP 15 MINS **COOK** 35 MINS
SERVES 4 (AS A MAIN)

30g light margarine
4 cloves garlic, crushed
2 green shallots, finely chopped
Freshly ground black pepper
295g (1⅓ cups) arborio rice
400ml water
375ml (1½ cups) salt-reduced chicken stock or gluten-free stock
450ml passata
200g cooked chicken breast fillets, shredded (see Cook's tip)
45g (½ cup) shredded parmesan
Small handful flat-leaf parsley, finely chopped

SALAD
100g baby spinach leaves
1 small avocado, sliced
1 Lebanese cucumber, peeled into ribbons
200g cherry tomatoes, halved

1 Put the margarine in a large microwave-safe bowl. Cook on High/100% for 20 seconds or until the margarine melts. Stir in the garlic and shallots. Season with pepper. Cover loosely and cook on High/100% for 1-2 minutes or until the shallots softens.

2 Add the rice to the bowl and stir to coat. Microwave, uncovered, on High/100% for 1 minute. Combine the chicken stock and passata in a jug. Pour a third into the rice mixture. Stir well. Cover and microwave on High/100% for 10

minutes. Stir and add half the remaining stock mixture. Return to the microwave, cover and cook on High/100% for 10 minutes. Stir in the remaining stock and microwave, uncovered, on High/100% for 8 minutes. The stock should be mostly absorbed and the rice almost tender. Stir in the chicken and microwave, uncovered, for 1 minute.

3 Stir in the remaining margarine and most of the parmesan and parsley. Set aside for 2 minutes to rest. Season with pepper Scatter over the remaining parmesan and parsley. Serve.

NUTRITIONAL INFO

PER SERVE 2040kJ (488Cal), **protein** 26g, **total fat** 13g (sat. fat 5g), **carbs** 63g, **fibre** 7g, **sodium** 689mg • **Carb exchanges** 4 • **GI estimate** high • **Gluten-free option**

COOK'S TIP

Use leftover cooked chicken breasts or if you don't have any simply pan-fry, poach or grill some skinless chicken breast.

GFO

VEGETARIAN MUG LASAGNE

PREP 10 MINS **COOK** 5 MINS
SERVES 1 (AS A MAIN)

50g ricotta
1 clove garlic, crushed
Freshly ground black pepper
80g chargrilled Mediterranean vegetables (such as Sandhurst chargrilled eggplant and capsicum)
150ml tomato & garlic pasta sauce
1 sprig basil, leaves picked and finely chopped
1 fresh lasagne sheets (47g) or gluten-free lasagne sheet
30g (¼ cup) grated mozzarella

1 Combine the ricotta and garlic in a small bowl. Season with pepper. Put the chargrilled vegetables and pasta sauce in a large heatproof mug or ramekin. Cover and microwave on High/100% for 2 minutes. Stir in the basil.

2 Spoon two-thirds of the vegetable mixture from the mug or ramekin into a bowl, then start to layer up the lasagne in the mug. Top the vegetable mix in the base of the mug with half a lasagne sheet, then spoon over another third of the vegetable mix and top with another halved pasta sheet and half of the ricotta. Repeat, finishing with the ricotta. Sprinkle over the mozzarella.

3 Microwave on High/100% for 2 minutes. Scatter over the remaining basil and black pepper.

NUTRITIONAL INFO

PER SERVE 1860kJ (445Cal), **protein** 21g, **total fat** 21g (sat. fat 9g), **carbs** 40g, **fibre** 9g, **sodium** 1070mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

GF

SWEET POTATO & BLACK BEAN CHILLI

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

2 (about 200g each) orange sweet potatoes
2 tsp light margarine
1 clove garlic, crushed
½ brown onion, finely chopped
½ x 425g can no-added-salt black beans, drained and rinsed
½ x 400g can no-added-salt chopped tomatoes
½ tsp chilli powder
1 tsp ground cumin
100g frozen corn kernels
Freshly ground black pepper
4 tbsp reduced-fat Greek yoghurt
1 small (100g) avocado, mashed
Handful coriander leaves
Lime wedges, to serve (optional)

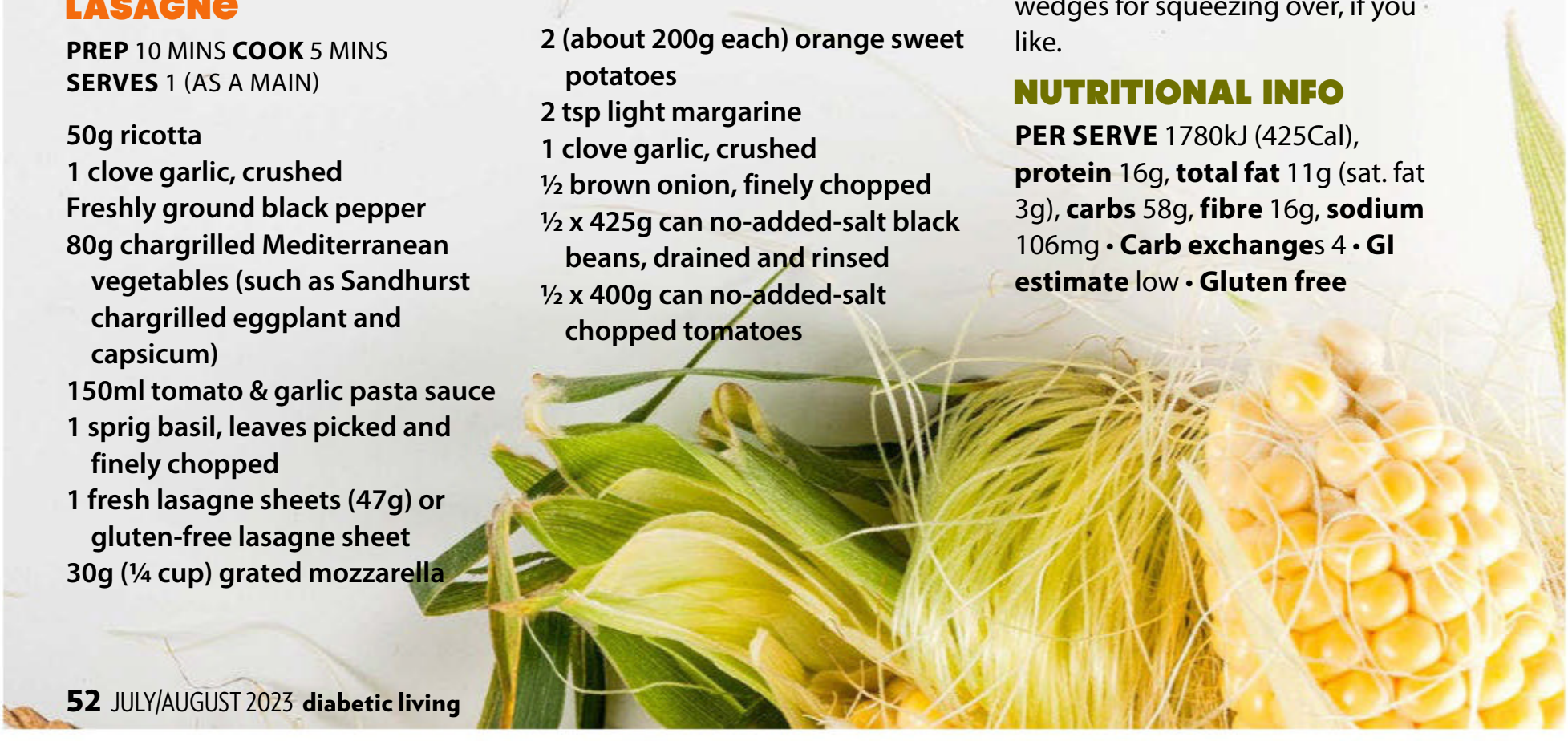
1 Prick the sweet potatoes all over with a fork and put on a microwave-safe plate. Microwave on High/100% for 5-6 minutes or until tender – a sharp knife inserted into the thickest part should go in easily. Split the sweet potato partially open. Place each sweet potato on serving plates.

2 Put the margarine in a large microwave-safe bowl. Cook on High/100% for 20 seconds. Stir in the garlic and onion. Cover loosely with plastic wrap and cook on High/100% for 1 minute until softened. Stir in the black beans, chopped tomatoes, chillies, cumin and corn.

3 Cover bowl again and microwave on High/100% for 5 minutes or until bubbling and hot. Season with pepper and spoon this over the sweet potato. Top with the yoghurt, avocado, coriander leaves and black pepper. Serve with lime wedges for squeezing over, if you like.

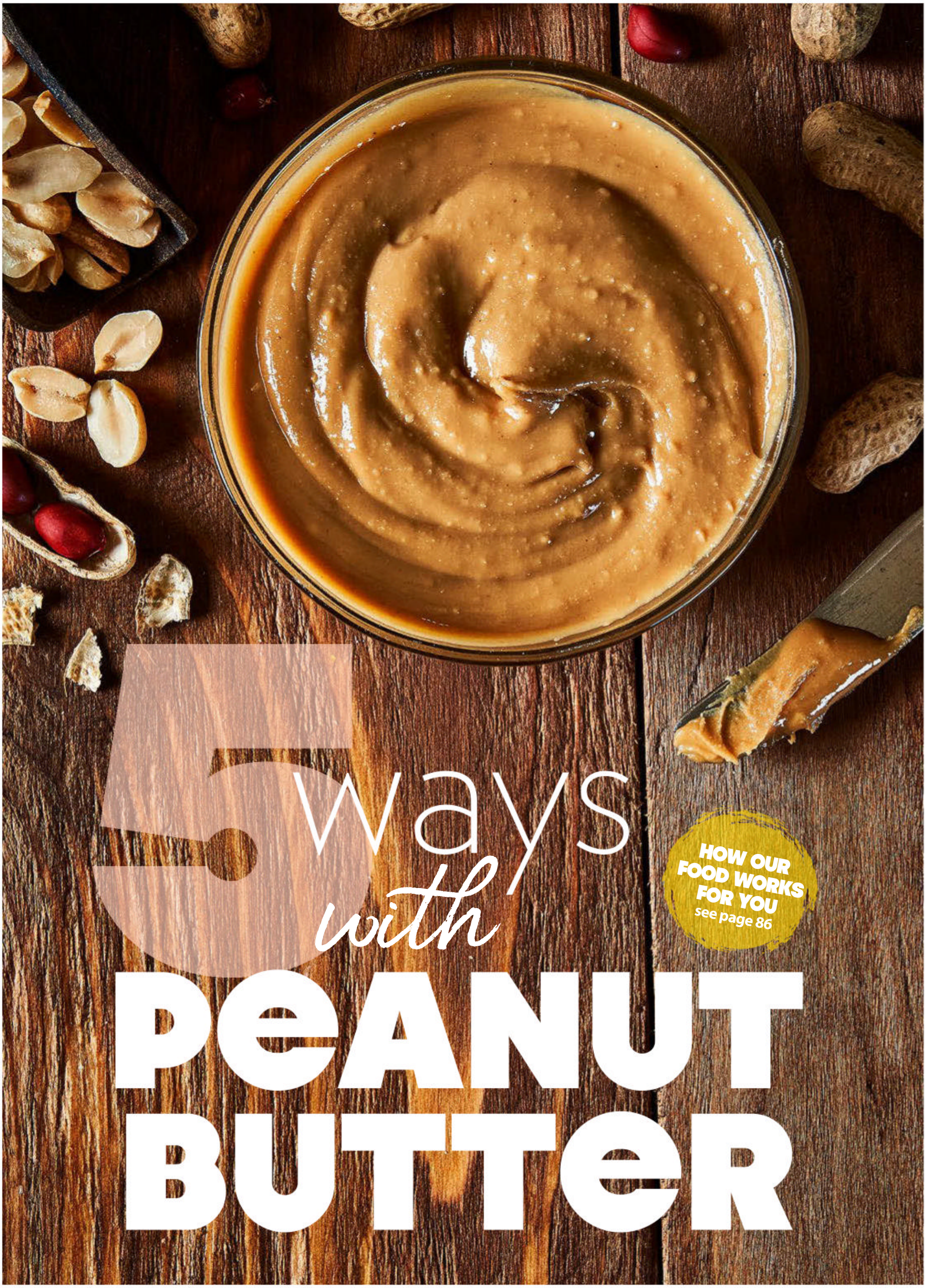
NUTRITIONAL INFO

PER SERVE 1780kJ (425Cal), **protein** 16g, **total fat** 11g (sat. fat 3g), **carbs** 58g, **fibre** 16g, **sodium** 106mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten free**



Sweet potato & black bean chilli
Recipe, opposite

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)



5 ways with PEANUT BUTTER

HOW OUR FOOD WORKS FOR YOU
see page 86

Peanut butter rainbow rice

Recipe, page 58

Turn this pantry staple into a mealtime MVP with these tasty new twists.

Chilli chicken with peanut noodles

Recipe, page 58

Bang Bang chicken cups
Recipe, page 60

PEANUT BUTTER & RASPBERRY OVERNIGHT OATS

PREP 5 MINS (+ OVERNIGHT SOAKING) **SERVES** 1 (AS A BREAKFAST)

80g frozen raspberries
50g rolled oats
150ml water
1 tsp sugar-free maple syrup
1 tbsp no-added-sugar-and-salt peanut butter

1 Put the raspberries, oats and water in a small jar or bowl. Cover with plastic wrap and place in the fridge overnight to chill.

2 To serve, add the maple syrup to the oat mixture. Top with the peanut butter.

NUTRITIONAL INFO

PER SERVE 1570kJ (375Cal), **protein** 13g, **total fat** 18g (sat. fat 3g), **carbs** 33g, **fibre** 11g, **sodium** 10mg • **Carb exchanges** 2 • **GI estimate** low

GFO

PEANUT BUTTER RAINBOW RICE

PREP 15 MINS **COOK** 30 MINS
SERVES 6 (AS A MAIN)

400g skinless chicken breast fillets, trimmed of fat, cut into 2.5cm chunks
1 small eggplant, cut into 2.5cm chunks
1 large red capsicum, chopped
300g can no-added-salt corn kernels, drained
250g Sunrice Low Gi Doongara Rice
2 green shallots, cut into thin strips
1 large carrot, peeled into ribbons
1 large Lebanese cucumber, peeled into ribbons
1 tsp sesame seeds
Sliced chilli, to serve (optional)

SAUCE
2 tsp sesame oil
6 tbsp no-added-sugar-and-salt peanut butter
2 tsp salt-reduced soy sauce or gluten-free soy sauce
2 tsp honey
2cm piece ginger, finely grated
1 clove garlic, crushed
Freshly ground black pepper
2 tbsp water

1 To make the sauce, whisk the oil, peanut butter, soy sauce, honey, ginger and garlic in a small bowl. Season with pepper. Set half the sauce aside. Add the water to the remaining sauce to loosen.

2 Preheat oven to 180°C (fan-forced). Line a baking dish with baking paper.

3 Put the chicken, eggplant, capsicum and corn in a bowl. Add the thicker peanut sauce and mix to combine. Spread out in the lined dish. Cover with foil and bake for 25-30 minutes or until the chicken is cooked through and the vegetables soften.

4 Meanwhile, cook the rice in a medium saucepan of boiling water, following pack instructions.

5 Add the rice to the chicken and vegetables. Drizzle over the loosened sauce. Divide between serving bowls. Top with the shallots, carrot, cucumber and sesame seeds and chilli (if using).

NUTRITIONAL INFO

PER SERVE 1930kJ (461Cal), **protein** 27g, **total fat** 18g (sat. fat 3g), **carbs** 43g, **fibre** 8g, **sodium** 123mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

GFO

CHILLI CHICKEN WITH PEANUT NOODLES

PREP 15 MINS **COOK** 10 MINS
SERVES 2 (AS A MAIN)

2 tsp olive oil
200g skinless boneless chicken thigh fillets, fat trimmed, sliced
2cm piece ginger, cut into matchsticks
1 small red chilli, deseeded and finely chopped
½ bunch broccolini, stems sliced on the angle, florets left whole
1 red capsicum, chopped
½ tsp salt-reduced soy sauce or gluten-free soy sauce
100g dried egg noodles or gluten-free noodles
1 tbsp no-added-sugar-and-salt peanut butter
Zest and juice of ½ lime
1 tsp ground cumin
3 tbsp water

1 Heat the oil in a wok over high heat. Add the chicken, ginger, chilli, broccolini and capsicum. Stir-fry for 1 minute. Cover and reduce heat to medium. Cook for 5 minutes. Toss in the soy sauce.

2 Meanwhile, cook the noodles in a medium saucepan of boiling water following packet instructions. Drain the noodles, reserving 3 tbsp of the cooking water. Return the noodles to the pan.

3 Combine the peanut butter, lime

COOK'S TIP

If freezing, make the recipe up to tossing the rice and the chicken mixture. Transfer to freezable container and drizzle over the loosened sauce. Cover with lid. Label, date and freeze for up to 1 month. Defrost thoroughly before reheating in the oven 180°C (fan-forced) for 35-40 minutes. Top with the serving ingredients.

Peanut butter & raspberry overnight oats
Recipe, opposite

juice and zest, cumin and the reserved cooking water. Add to the noodles and toss until well coated.

4 Serve the peanut noodles with the stir-fry

NUTRITIONAL INFO

PER SERVE 2400kJ (575Cal), **protein** 34g, **total fat** 19g (sat. fat 3g), **carbs** 35g, **fibre** 8g, **sodium** 125mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

GFO LC

BANG BANG CHICKEN CUPS

PREP 10 MINS **SERVES** 2 (AS A LIGHT MEAL)

2 tbsp crunchy no-added-sugar-and-salt peanut butter
3 tbsp hot water
1 tbsp sweet chilli sauce or gluten-free sweet chilli sauce
Juice ½ lime
120g cooked skinless chicken breasts (see Cook's tip)
2 Little Gem lettuces, leaves separated
4 green shallots, trimmed, cut into thin strips
1 small Lebanese cucumber, cut into thin sticks
1 carrot, cut into thin sticks

1 Put the peanut butter and water into a small bowl. Stir until smooth. Add the chilli sauce and lime juice. Mix well.

2 Thinly slice the chicken and place on a board with the bowl of peanut sauce. Put the lettuce, green shallots, cucumber and carrot in separate piles alongside.

3 To serve, put the slices of chicken into the lettuce leaves, then top with the vegetables and peanut sauce.

NUTRITIONAL INFO

PER SERVE 1330kJ (317Cal), **protein** 24g, **total fat** 16g (sat. fat 3g), **carbs** 17g, **fibre** 6g, **sodium** 261mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

COOK'S TIP

Simply chargrill, grill or steam 125g trimmed skinless chicken breast fillet. Cool.

GF

BANANA & PEANUT BUTTER ICE-CREAM

PREP 10 MINS (+ 1 HOUR FREEZING) **SERVES** 4 (AS A DESSERT)

4 ripe bananas, chopped into 3cm chunks, frozen
2 tbsp almond milk
1 tbsp no-added-sugar-and-salt peanut butter
1 tsp ground cinnamon
10g dark chocolate, grated
1 tbsp flaked almonds, toasted

1 Put the bananas and almond milk in a blender. Cover and blend until a smooth consistency.

2 Add the peanut butter and cinnamon. Blend until smooth.

3 Transfer the mixture to a freezer proof container. Cover and freeze for 1 hour.

4 Remove from the freezer and divide between serving bowls. Sprinkle over the grated chocolate and almonds. Serve.

NUTRITIONAL INFO

PER SERVE 691kJ (165Cal), **protein** 4g, **total fat** 6g (sat. fat 1g), **carbs** 22g, **fibre** 3g, **sodium** 8mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Chill! Homemade ice cream is easy when you've got bananas and peanut butter in the pantry.

Banana & Peanut butter ice-cream
Recipe, opposite

THE heat IS ON!

HOW OUR FOOD WORKS FOR YOU see page 86

These tasty winter warmers will satisfy the whole family at the end of a cold day

CHICKEN ARRABBIATA STEW & PARMESAN DUMPLINGS

PREP 30 MINS **COOK** 1 HOUR 10 MINS
SERVES 6 (AS A MAIN)

1 tbsp olive oil
1 brown onion, thinly sliced
8 small (1kg) skinless and boneless chicken thigh fillets, trimmed of fat, halved
2 large cloves garlic, crushed
1-1½ tsp chilli flakes
4 tbsp sun-dried tomato pesto
125ml (½ cup) salt-reduced chicken stock
125ml (½ cup) water
2 x 400g cans no-added-salt chopped tomatoes
5 sprigs thyme, tied together with kitchen string
2 tsp caster sugar
Freshly ground black pepper
80g light margarine
150g (1 cup) self-raising flour
70g (1 cup) finely grated parmesan
50-60ml light milk
½ small bunch flat-leaf parsley, finely chopped

1 Heat the oil in a large, shallow, flameproof casserole dish over medium-low heat. Add the onion and cook, stirring occasionally, until soft and translucent. Increase the heat to medium and add the chicken to the pan. Cook for 5 minutes, turning occasionally, or until the chicken starts to brown at the edges.

2 Add the garlic and chilli to the casserole dish. Cook, stirring, for 1 minute. Stir in the pesto, stock, water, tomatoes, thyme and sugar. Season with pepper. Reduce the heat to low. Cover and cook for 40 minutes. Remove and discard the thyme.

3 Preheat oven to 180°C (fan-forced). To make the dumplings, put the margarine and flour in a bowl. Use your fingertips to rub in the margarine until the mixture resembles fine breadcrumbs. Mix in 50g of the parmesan and 50ml of the milk. Use a flat-bladed knife to mix until the mixture starts to come together to form a soft dough (add more milk if it's too dry). Briefly bring the dough together on a clean surface. Divide the dough into 8 balls.

4 Arrange the dumplings over the stew. Scatter each dumpling with the remaining cheese. Place the dish in the oven and bake for 25 minutes or until the dumplings have doubled in size and are golden brown. Scatter over the parsley and serve.

NUTRITIONAL INFO

PER SERVE 2100kJ (502Cal), **protein** 41g, **total fat** 24g (sat. fat 8g), **carbs** 30g, **fibre** 4g, **sodium** 755mg • **Carb exchanges** 2 • **GI estimate** medium

LOWER-CARB OPTION
Replace rice with 3 cups warm broccoli & cauliflower rice.

PER SERVE 1560kJ (373Cal), **protein** 26g, **total fat** 20g (sat. fat 9g), **carbs** 21g, **fibre** 6g, **sodium** 106mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Lamb & mango curry
Recipe, page 66

Rosti-topped lamb & rosemary pie

Recipe, page 72

GF LCO

LAMB & MANGO CURRY

PREP 10 MINS **COOK** 2 HRS
SERVES 6 (AS A MAIN)

2 brown onions, quartered
4cm piece ginger, peeled and roughly chopped
5 cloves garlic
1 tbsp olive oil
1 tsp ground turmeric
2 tsp ground cumin
2 tsp ground coriander
½ - 1 tsp ground chillies
2 tbsp passata
800g trimmed lamb shoulder, cubed
400g can light coconut milk, reserving 2 tbsp
½ x 400g can no-added-salt chopped tomatoes
100ml water
2 ripe mangoes, sliced
Handful coriander leaves
200g (1 cup) basmati rice, cooked, to serve

1 Preheat oven to 140°C (fan-forced). Put the onions, ginger and garlic in a small food processor and blitz to a paste. If you don't have a processor, just chop very finely.

2 Heat the oil in a deep flameproof casserole dish over medium heat. Add the onion paste and cook, stirring, for 10 minutes. Add the turmeric, cumin, coriander, chillies, cardamom pods and passata. Cook, stirring, for 2-3 minutes or until aromatic.

3 Add the lamb to the pan and cook for 2-3 minutes or until it changes colour all over – it doesn't need to brown. Add the coconut milk, tomatoes and water. Bring to a simmer. Cover with a lid, leaving a gap for some steam to escape, and transfer to the oven for 1½ hours.

4 Stir half the mangoes into the dish. Cover and cook for 1 hour or until the lamb is melting and tender. When it's ready, let the curry sit for 10 minutes, then spoon off any excess fat from the top.

5 Partly stir in the remaining mangoes, scatter with the coriander and drizzle with the reserved coconut milk. Serve with rice, chutney and pickles, if you like.

NUTRITIONAL INFO

PER SERVE 1970kJ (471Cal), **protein** 27g, **total fat** 20g (sat. fat 9g), **carbs** 44g, **fibre** 4g, **sodium** 95mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten free**

GFO LCO

VEGETABLE CURRY

PREP 10 MINS **COOK** 6 HOURS
SERVES 2 (AS A MAIN)

400ml can light coconut milk
1½ tbsp mild curry paste or gluten-free curry paste
2 tsp ground cumin
1 tsp ground coriander
1 red chilli, deseeded, sliced
1 tbsp finely chopped ginger
3 cloves garlic, sliced
200g peeled and deseeded butternut pumpkin, cut into chunks
1 red capsicum, sliced
1 small (250g) eggplant, halved and thickly sliced
1 cup coriander leaves
160g frozen peas, defrosted
Juice of 1 lime
1 x 76g roti, halved or gluten-free wrap

1 Put the coconut milk, curry paste, cumin, coriander, chilli, ginger, garlic, pumpkin and capsicum in a slow cooker.

2 Cook the curry on low for 6 hours or until the vegetables are tender. Stir in the coriander and peas. The heat of the curry should be enough to warm them through.

3 Taste the curry and add a good squeeze of lime juice. Serve with roti.

NUTRITIONAL INFO

PER SERVE 2040kJ (488Cal), **protein** 18g, **total fat** 22g (sat. fat 14g), **carbs** 45g, **fibre** 20g, **sodium** 804mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten-free option**

COOK'S TIP

You can prepare the curry up to the end of step 1 and keep in the slow cooker bowl in the fridge overnight.

LOWER-CARB OPTION
Omit the roti and replace the red capsicum with a green capsicum.

PER SERVE 1530kJ (367Cal), **protein** 14g, **total fat** 19g (sat. fat 14g), **carbs** 26g, **fibre** 17g, **sodium** 673mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

Vegetable curry
Recipe, opposite

LOWER-CARB OPTION
Replace rice with 3 cups warm cauliflower rice.

PER SERVE 1730kJ (414Cal), **protein** 32g, **total fat** 26g (sat. fat 10g), **carbs** 12g, **fibre** 6g, **sodium** 1040mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

Thai pork & peanut curry
Recipe, page 70

HEALTHY MEATLOAF WITH SPAGHETTI SAUCE

PREP 25 MINS **COOK** 45 MINS
SERVES 6 (AS A MAIN)

2 tsp olive oil
2 large carrots, finely chopped
2 stalks celery, finely chopped
1 brown onion, finely chopped
500g lean pork mince
1 x 60g egg
4 tbsp rolled oats
1 tbsp smoked paprika
1 cup basil, leaves and stems separated
1½ tsp salt-reduced vegetable stock powder
Freshly ground black pepper
3 large cloves garlic, finely grated
500ml (2 cups) passata
100ml water
2 tbsp reduced-fat cheese
350g dried wholemeal spaghetti

1 Preheat oven to 180°C (fan-forced). Spray a baking dish with cooking spray.

2 Heat the oil in a large non-stick frying pan over medium heat. Add the carrot, celery and onion to the pan. Cook, stirring occasionally, for 10 minutes or until the onion softens and starts to caramelise.

3 Put the pork in a medium bowl. Add the egg, oats and 1 tbsp smoked paprika. Chop the basil stems and most of the leaves, leaving a few whole. Add the chopped stems and half the chopped leaves to the mixture, along with ½ tsp stock powder. Season with pepper. Use clean hands to mix until well combined. Add half of the cooked vegetables to the mince mixture. Mix until well combined. Shape the mixture into a loaf (about 21 x 7cm). Lift and transfer to the baking dish. Spray the top with a little oil. Bake for 25 minutes.

4 Meanwhile, to make the sauce, add the garlic to the remaining cooked vegetables. Return the pan to medium heat and cook, stirring, for 1 minutes. Add the remaining paprika, stock powder, passata and water. Cover and simmer for 10 minutes. Stir in the remaining chopped basil.

5 Remove the loaf from the oven and pour over the tomato sauce. Scatter over the cheese and bake for a further 10 minutes. Slice the meatloaf.

6 Meanwhile, cook the spaghetti in a medium saucepan of boiling water following packet directions or until al dente. Divide the spaghetti between serving bowls. Top each with a few slices of meatloaf, a few spoonfuls of sauce and the whole basil leaves.

NUTRITIONAL INFO

PER SERVE 1700kJ (407Cal), **protein** 31g, **total fat** 9g (sat. fat 3g), **carbs** 47g, **fibre** 11g, **sodium** 412mg
• **Carb exchanges** 3
• **GI estimate** low

GFO LCO

THAI PORK & PEANUT CURRY

PREP 10 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN)

3 tsp olive oil
1 bunch green shallots, sliced
1 bunch coriander, stalks finely chopped, leaves picked
400g pork tenderloin, fat removed, sliced
2 tbsp Thai red curry paste or gluten-free curry paste
3 tbsp no-added-sugar-and-salt peanut butter
1 tbsp soft brown sugar
2 tsp salt-reduced soy sauce or gluten-free soy sauce
400ml can light coconut milk
125ml (½ cup) water
175g pack baby corn
Juice 1 lime
140g (⅔ cup) SunRice Doongara Low GI White Rice

1 Heat the oil in a large saucepan or flameproof casserole over medium heat. Add the green shallots and coriander stalks and cook, stirring, for 1 minute. Add the pork slices and cook, stirring occasionally, for 5 minutes or until the meat browns.

2 Stir the curry paste and peanut butter into the pan. Cook, stirring, for 30 seconds. Add the sugar, soy sauce, coconut milk and water. Stir. Cover and reduce heat to medium-low. Cook, covered, stirring occasionally, for 15 minutes.

3 Remove the lid from the pan. Add the baby corn and increase the heat to medium-high. Simmer for 3 minutes or until the corn is cooked and the sauce has thickened a little. Stir in the lime juice. Serve.

NUTRITIONAL INFO

PER SERVE 2150kJ (514Cal), **protein** 33g, **total fat** 26g (sat. fat 10g), **carbs** 35g, **fibre** 5g, **sodium** 1000mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

COOK'S TIP

Pack into individual freezer-proof containers. Label, date and freeze for up to 2 months. To serve, place in the fridge overnight to defrost. Transfer to a saucepan and cook, stirring occasionally, over medium heat for 8-10 minutes or until heated through. Sprinkle with coriander leaves. Serve with the rice.

GFO LC

SQUID, PRAWN & CHICKPEA STEW

PREP 30 MINS **COOK** 40 MINS
SERVES 4 (AS A MAIN)

2 tbsp olive oil
1 brown onion, finely chopped
1 head fennel, fronds reserved, finely chopped
2 cloves garlic, sliced
1 (100g) chorizo, finely chopped
400g can no-added-salt chopped tomatoes
100ml red wine
250ml (1 cup) salt-reduced chicken stock or gluten-free stock
420g can no-added-salt chickpeas, rinsed and drained
Freshly ground black pepper
200g cleaned squid tubes, cut into rings
400g green king prawns, peeled and deveined
Small handful flat-leaf parsley, chopped
Zest of 1 lemon

1 Heat the oil in a large, shallow flameproof casserole dish over medium heat. Add the onion, fennel and garlic. Cook, stirring often, for 12 minutes or until the onion starts to turn golden. Stir in the chorizo and cook, stirring, for 2 minutes or until the oils start to release from the chorizo and colour the vegetables.

2 Add the tomatoes to the pan. Add the wine to the can the tomatoes were in and swirl around. Add the wine to the pan with the stock. Stir in the chickpeas. Season with pepper. Bring to a simmer over medium heat. Simmer, stirring occasionally, for 20 minutes or until the sauce is thick and rich.

3 Stir in the squid and prawns so they are completely mixed into the sauce. Simmer for 5 minutes or until the squid and prawns are cooked through. Scatter with the parsley, lemon zest and fennel fronds, to serve.

NUTRITIONAL INFO

PER SERVE 1570kJ (375Cal), **protein** 30g, **total fat** 18g (sat. fat 5g), **carbs** 19g, fibre 6g, **sodium** 806mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LC

ROSTI-TOPPED LAMB & ROSEMARY PIE

PREP 30 MINS **COOK** 3 HRS 35 MINS
SERVES 6 (AS A MAIN)

750g trimmed lamb (shoulder, leg or neck), cut into large chunks
Freshly ground black pepper
2 tbsp plain flour or gluten free plain flour
2 tbsp olive oil
1 brown onion, chopped
1 carrot, chopped
3 cloves garlic, crushed
2 large sprigs rosemary, needles picked and finely chopped, plus a few sprigs, to serve
1 tbsp passata
200ml red wine
500ml (2 cups) salt-reduced beef stock or gluten-free stock
1 tbsp redcurrant jelly
850g large Zerella Spud Lite Potatoes, cut into large chunks
50g reduced-fat grated cheese
50g light margarine, melted
1 cup green peas, steamed, to serve
185g broccoli, steamed, to serve
1 large carrot, sliced & steamed, to serve

1 Season the lamb with pepper and toss in the flour. Heat half the oil in a large flameproof casserole dish over high heat. Add half the lamb and cook for 2-3 minutes, turning often, or until browned all over. Remove from the pan and transfer to a plate. Repeat with the remaining lamb. Transfer to the plate. Set aside.

2 Reduce the heat to medium. Add the remaining oil to the pan and add the onion. Cook, stirring often, for 10 minutes or until the onion is soft and golden. Add the garlic, rosemary and passata. Cook, stirring, for 1 minute.

3 Return the lamb to the pan. Add the wine, stock and jelly. Bring to a simmer. Reduce heat to low and cook, covered, stirring occasionally, for 2-2½ hours or until the lamb is very tender (see Cook's tip).

4 Meanwhile put the potatoes in a large saucepan and cover with plenty of cold water. Cover and bring to the boil over high heat. Boil for 10 minutes or until potatoes soften slightly but still hold their shape. Drain and set aside until cool enough to handle. Grate using the coarse side of the grater. Tip the potatoes into a bowl. Add the cheese, half the margarine and freshly ground black pepper. Mix to combine.

5 Preheat oven to 170°C (fan-forced). Transfer the lamb stew to a 20 x 30cm baking dish. Scatter the potato topping over the lamb. Poke a few small rosemary sprigs into the topping. Brush over the remaining margarine and bake for 35-40 minutes or until the topping is golden brown and the lamb stew is bubbling at the edges.

COOK'S TIP

Alternatively, tip the lamb mixture into a slow cooker and cook on low for 6-8 hours or cook in a pressure cooker for 20 minutes.
Once fully cool, the lamb stew will keep in an airtight container in the fridge for up to 3 days, or frozen for up to 2 months. Defrost in the fridge overnight before reheating until piping hot.

NUTRITIONAL INFO

PER SERVE 1940kJ (464Cal), **protein** 31g, **total fat** 23g (sat. fat 8g), **carbs** 26g, **fibre** 7g, **sodium** 428mg • **Carb exchanges** 1½ • **GI estimate** medium • **Gluten-free option** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

MULLED HOT CHOCOLATE

Use up leftover red wine in this mash-up of mulled wine and hot chocolate – it will take the chill out of your bones on winter evenings.

RECIPE & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

GF **PREP** 10 MINS **COOK** 10 MINS
SERVES 4 (AS A DESSERT)

150ml red wine
½ cinnamon stick, plus extra for stirrers (if you like)
1 whole star anise
2 whole cloves
¼ tsp ground allspice
1 tbsp demerara or raw sugar
250ml (1 cup) skim milk
75g dark chocolate, chopped

1 Pour the red wine into a small saucepan. Add the cinnamon stick, star anise, cloves, allspice and sugar. Heat gently, stirring often, over low heat until the mixture comes to a simmer. Simmer for 10 minutes (this allows the wine to infuse with the flavours).

2 Put the milk in a separate saucepan and heat over medium heat. Add the chocolate and reduce heat to low. Whisk until smooth and the chocolate melts.

3 Strain the red wine mixture into the chocolate mixture and stir. Serve in small cups with cinnamon stick stirrers, if using.

NUTRITION INFO

PER SERVE 672kJ (161Cal), **protein** 4g, **total fat** 8g (sat. fat 5g), **carbs** 16g, **fibre** 0g, **sodium** 38mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

HOW OUR FOOD WORKS FOR YOU
see page 86

There's something very cosy about baking up a storm in your warm kitchen on a cold day. Pop the kettle on and check out these sweet sensations.

GET YOUR bake on

ALMOND BERRY BAKED OATS

PREP 5 MINS **COOK** 40 MINS
SERVES 6 (AS A DESSERT)

140g (1½ cups) rolled oats
450ml boiling water
2 tsp vanilla extract
225ml unsweetened almond milk, plus extra, to serve (optional)
1 large very ripe banana, mashed until smooth
190g (1¼ cups) frozen mixed berries
1½ tbsp flaked almonds, toasted (see Cook's tip)

1 Preheat oven to 170°C (fan-forced). Put the oats in a medium heatproof bowl and pour over the boiling water. Stir well. Stir in the vanilla extract and the 225ml almond milk.

2 Spread the banana over the base of a medium baking dish. Add the frozen fruit and stir to combine. Pour the oat mixture over the berries. Scatter over the almonds.

3 Bake oats for 30-40 minutes or until set and the fruit juices are bubbling at the edges of the dish. Scoop into bowls and pour over a little extra milk, if you like.

NUTRITION INFO

PER SERVE 618kJ (148Cal), **protein** 5g, **total fat** 5g (sat. fat 1g), **carbs** 18g, **fibre** 4g, **sodium** 29mg • **Carb exchanges** 1 • **GI estimate** low

COOK'S TIP

To toast the almonds, cook, stirring, in a small non-stick frying pan over medium for 3-4 minutes or until lightly toasted.

Wholemeal pumpkin muffins
Recipe, page 80

COOK'S TIP

Keep muffins in an airtight container in the fridge for up to 3 days. Alternatively, on the day they are made, cool, then wrap muffins individually and place in a resealable plastic bag. Label with the date and freeze for up to 2 months. Defrost as required.

GFO

HEALTHY CHOCOLATE BROWNIES

PREP 10 MINS **COOK** 30 MINS
MAKES 16 PIECES (1 PIECE PER SERVE; AS A DESSERT OR SNACK)

2 x 425g cans no-added-salt black beans, drained, rinsed and drained again
60g cocoa powder
1 tbsp instant coffee granules
200g granulated sugar substitute
1 tbsp vanilla extract or vanilla bean paste
3 x 60g eggs
200g fat-free Greek natural yoghurt
1½ tsp baking powder or gluten-free baking powder

1 Preheat oven to 170°C (fan-forced). Line a shallow 23cm square baking tin with baking paper.

2 Put the beans, cocoa, coffee, sugar substitute, vanilla extract, eggs and yoghurt into a large bowl. Use a handheld blender to blitz until smooth (alternatively you can do this in a small food processor). Add the baking powder and blitz again.

3 Quickly tip the mixture into the lined tin and bake for 25-30 minutes or until set. Set aside in the tin to cool for 5 minutes. Transfer to a wire rack to cool completely. Remove the baking paper and cut the brownie into 16 squares.

COOK'S TIP

Keep the brownie in an airtight container in the fridge for up to 3 days.

NUTRITION INFO

PER SERVE 478kJ (114Cal), **protein** 6g, **total fat** 2g (sat. fat 1g), **carbs** 18g, **fibre** 2g, **sodium** 66mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

EASY BANANA MUFFINS

PREP 15 MINS **COOK** 25 MINS
MAKES 12 (1 PER SERVE; AS A SNACK)

250g (1⅔ cups) self-raising flour
1 tsp baking powder
½ tsp bicarbonate of soda
110g (½ cup) caster sugar
75g margarine, melted, cooled
1 tsp vanilla extract
2 x 60g eggs
2 large ripe bananas, mashed
125ml (½ cup) buttermilk (see Cook's tip)
45g (⅓ cup) pecan nuts, chopped, plus extra 35g (¼ cup), to decorate

1 Preheat oven to 170°C (fan-forced). Line a 12-hole 80ml (⅓ cup) muffin tin with paper cases. Spray cases with cooking spray.

2 Sift the flour, baking powder, bicarbonate of soda and sugar in a large bowl. Whisk the margarine, vanilla extract, eggs, mashed banana and buttermilk in a separate bowl.

3 Make a well in the centre of the dry ingredients and pour the wet ingredients in. Roughly mix together with a fork, being careful not to overmix. Scatter in the chopped pecans. Spoon the mixture evenly between the muffin cases. Top with the extra pecan halves. Bake for 20-25 minutes or until a skewer inserted into the muffin comes out clean. Transfer to a wire rack to cool.

NUTRITION INFO

PER SERVE 890kJ (213Cal), **protein** 5g, **total fat** 9g (sat. fat 2g), **carbs** 28g, **fibre** 3g, **sodium** 259mg • **Carb exchanges** 2 • **GI estimate** medium

COOK'S TIP

If you don't have any buttermilk, simply make your own by adding 1 tsp fresh lemon juice to 125ml (½ cup) milk. Set aside for 20 minutes to sour before using.

WHOLEMEAL PUMPKIN MUFFINS

PREP 15 MINS **COOK** 25 MINS
MAKES 10 (1 PER SERVE; AS A SNACK)

200g coarsely grated pumpkin
2 tsp ground cinnamon
1 tsp ground mixed spice
½ tsp ground ginger
180g (⅔ cup) Greek-style natural yoghurt
2 x 60g eggs
125ml (½ cup) skim milk
1 tbsp sugar-free maple syrup
175g wholemeal spelt flour
95g (½ cup) raisins
1½ tsp baking powder
26g (3 tbsp) pecan nuts, chopped

1 Preheat oven to 180°C (fan-forced). Line a 12 x 80ml (⅓ cup) muffin tin with 10 paper muffin cases. Spray cases lightly with cooking spray.

2 Put the pumpkin in a microwave-safe dish. Partially cover (so the steam can escape) and cook on High/100% for 5 minutes. Add the cinnamon, mixed spice and ginger to the pumpkin and mash until smooth. Transfer to a large bowl. Set aside to cool.

3 Add the yoghurt, eggs, milk and maple syrup to the pumpkin. Mix until well combined. Add the flour, raisins and baking powder. Mix until well combined. Spoon the mixture evenly between the muffin cases. Sprinkle over the pecan nuts. Bake for 20-25 minutes or until a skewer inserted in the middle comes out clean. Transfer to a wire rack to cool.

NUTRITION INFO

PER SERVE 643kJ (154Cal), **protein** 7g, **total fat** 4g (sat. fat 1g), **carbs** 23g, **fibre** 4g, **sodium** 90mg • **Carb exchanges** 1½ • **GI estimate** high

ORANGE & CARAMEL CUSTARD TART

PREP 20 MINS (+ 30 MINS CHILLING)
COOK 15 MINS
SERVES 10 (AS AN OCCASIONAL DESSERT)

3 egg yolks (from 60g eggs)
80g (⅓ cup) caster sugar
1 tbsp plain flour
1 heaped tbsp cornflour
250ml (1 cup) skim milk
Zest of 1 orange

FOR THE BASE AND TO DECORATE
3 sheets filo pastry, halved
1 egg white (from 60g egg)
3 oranges, skin and pith removed, sliced into rounds
50g caster sugar

1 Put the egg yolks and sugar in a small bowl. Whisk for 2-3 minutes or until the mixture is pale and thickens slightly. Add the flours and whisk to combine.

2 Put the milk and orange zest in a small saucepan over medium heat. Once it's starting to boil around the edges remove the pan from the heat and gradually whisk into the egg mixture. Return the egg mixture to the pan and cook, stirring, over medium heat until the mixture thickens and starts to come to the boil. Transfer to a bowl, cover the surface with plastic wrap and set aside to cool completely.

3 Preheat oven to 180°C (fan-forced). Brush the filo sheets one by one with egg white and use to line a 23cm loose-bottom flan tin, overlapping the pieces as you go. Fold the pastry over itself at the edges rather than letting it overhang or you'll never get it out of the tin. Line the pastry with baking paper and fill with baking beans or raw rice. Bake for 10 minutes. Remove the paper and beans and bake for a further 5 minutes or until the pastry is dark golden and very crisp. Set aside to cool.

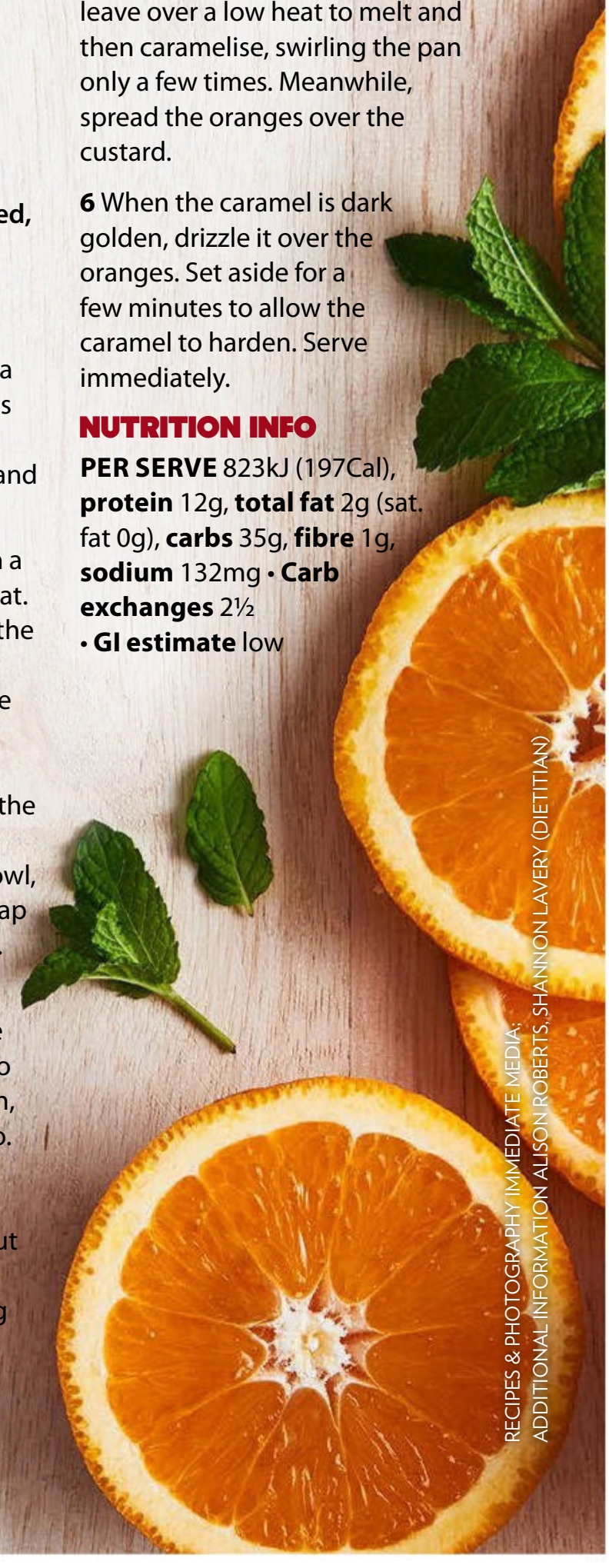
4 The cream filling will be set by now, so beat again with electric beaters until smooth. Spoon into the case, then place in the fridge for at least 30 minutes to chill.

5 To serve, put the sugar into a small non-stick frying pan and leave over a low heat to melt and then caramelise, swirling the pan only a few times. Meanwhile, spread the oranges over the custard.

6 When the caramel is dark golden, drizzle it over the oranges. Set aside for a few minutes to allow the caramel to harden. Serve immediately.

NUTRITION INFO

PER SERVE 823kJ (197Cal), **protein** 12g, **total fat** 2g (sat. fat 0g), **carbs** 35g, **fibre** 1g, **sodium** 132mg • **Carb exchanges** 2½ • **GI estimate** low



RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

COOK'S TIP

The custard mixture (to the end of step 2) can be made and kept in the fridge up to 2 days ahead. The pastry shell can be made up to 1 day ahead. Store in an airtight container.

Orange & caramel custard tart
Recipe, opposite

COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

KITCHEN TIP

Winter is a great time of year for a whole range of nutritious vegies including pumpkin, cauliflower, root vegetables (such as sweet potato, swede, turnip and carrots). All these add a big hit of fibre to your meal, making it the perfect time to cook up all types of dishes and freeze them for busy times ahead. Try making soups, casseroles, frittatas and even roasting vegies and freezing in portions so you can have them on hand and simply reheat for a few minutes in the oven or microwave to serve with your grilled, chargrilled or pan-fried protein.

WORDS ALISON ROBERTS; PHOTOGRAPHY GETTY IMAGES; ADDITIONAL INFORMATION SHANNON LAVERY (DIETITIAN)

SECOND LUNCH

GFO

Spread 2 x 30g slices of toasted rye bread or gluten-free bread with 1 tbsp hummus, a handful of rocket leaves, 50g skinless roasted chicken breast fillet, 40g drained roasted red capsicum and 1 slice reduced-fat Swiss cheese. **Serves 1.**

PER SERVE 1600kJ (383Cal), **protein** 28g, **total fat** 13g (sat. fat 5g), **carbs** 35g, **fibre** 6g, **sodium** 605mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

SUPERMARKET CRUSH

Bounce Low Carb Bars

Grab some of these 5-star health rating bars to stash in your bag or car for when you're on the run and need something to keep you going. Available in Peanut Butter and Caramel Cookie Dough. They are a low-carb, low-sugar, low-kilojoule snack that make life a bit easier. RRP $3.50. Available from Woolworths now and Coles from 1 July.

QUICK SNACK IDEAS

GF

SWEET POTATO FRIES WITH TZATIKI

Cut 200g orange sweet potato (unpeeled) into 1cm-thick sticks. Place on a baking tray lined with baking paper. Spray the sweet potato with olive oil cooking spray and sprinkle with a little smoked paprika. Roast for 20-25 minutes or until light golden brown and tender. Serve with 65g (¼ cup) tzatziki. **Serves 2.**
PER SERVE 532kJ (127Cal), **protein** 4g, **total fat** 5g (sat. fat 1g), **carbs** 17g, **fibre** 3g, **sodium** 134mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free**

GFO

CHOCOLATE & BANANA FRUIT TOAST

Combine 1 tbsp light cream cheese with 2 tsp Natvia Hazelnut Spread. Spread over 1 thin slice (30g) toasted fruit bread or gluten-free bread. Top with ½ sliced small banana. **Serves 1.**
PER SERVE 845kJ (202Cal), **protein** 5g, **total fat** 9g (sat. fat 4g), **carbs** 23g, **fibre** 2g, **sodium** 120mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option**

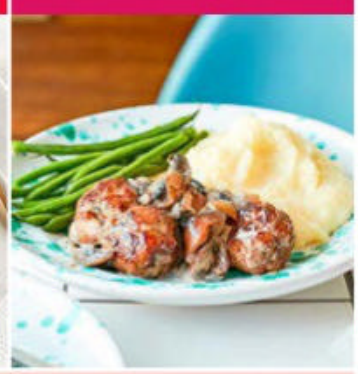
GFO

SPICED CAULIFLOWER BITES

Cut 230g cauliflower into small florets. Place in a bowl with 1 tsp smoked paprika, 1 tsp ground coriander, ½ tsp ground cumin and ½ tsp dried mixed herbs. Toss to combine. Spray cauliflower with olive oil cooking spray. Cook in an air-fryer for 12-15 minutes at 160°C or until tender. Drizzle with 1 tbsp sweet chilli sauce or gluten-free sauce and 4 tbsp low-fat natural yoghurt. **Serves 2.**
PER SERVE 486kJ (116Cal), **protein** 5g, **total fat** 3g (sat. fat 1g), **carbs** 15g, **fibre** 3g, **sodium** 268mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option**

Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	¾ cup low fat yoghurt topped with ¾ cup warm berries & 30g walnuts	Peanut butter & raspberry overnight oats (p 58)	2 Weetbix with skim milk & sliced banana	Fruit smoothie (1 cup skim milk, ½ cup low fat yoghurt, ¾ cup berries)
Optional snack	Chocolate & banana fruit toast (p 83)	1 piece of fresh fruit	Healthy chocolate brownie (p 77)	30g unsalted nuts
Lunch	60 second lunch recipe (p 83)	**Warm up this winter with a lunchtime toastie:** **1** Choose 2 slices of grainy bread. **2** Spread with hummus or mashed avocado. **3** Choose a protein filler: 30g shredded chicken, ham, tuna, salmon or hard-boiled egg.		
Optional snack	Glass of skim milk	Easy banana muffin (p 78)	170g tub Chobani yoghurt	Sweet potato fries with tzatziki (p x)
Dinner	Prawn laksa noodle soup, *pictured* (p 49)	West Indian spiced eggplant curry (p 20)	Chicken with crushed harissa chickpeas, *pictured* (p 17)	Meatballs with creamy mushrooms & mash, *pictured* (p 18)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Banana & peanut butter ice-cream (p 60)	Mulled hot chocolate, *pictured* (p 73)	¾ cup warm berries topped with 1 scoop low fat ice-cream	1 piece of fresh fruit
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY ADOBE STOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
depending on your exercise levels.		
Peanut butter & raspberry overnight oats, *pictured* (p 58)	¾ cup low fat yoghurt topped with ¾ cup warm berries & 30g walnuts	1 slice soy & linseed toast topped with handful baby spinach, sliced tomato & 2 poached eggs
1 piece of fresh fruit	Wholemeal pumpkin muffin (p 80)	1 piece of fresh fruit
4 Add a slice of reduced fat cheese. **5** Pile on some vegies – tomato, baby spinach, mushrooms, onion, chargrilled pumpkin/ zucchini, capsicum, etc. **6** Toast in sandwich press to your liking. Enjoy!		Bang bang chicken cups (p 60)
Spiced cauliflower bites (p 83)	2 Vita-weets topped wth 20g reduced fat cheese & sliced tomato	170g tub Chobani yoghurt
Pesto salmon pasta bake (p 18)	Corn fritters with chipotle cod, *pictured* (p 20)	Lamb & mango curry, *pictured* (p 66)
have a couple of alcohol-free days a week.		
Mulled hot chocolate (p 73)	1 piece of fresh fruit	Almond berry baked oats
Always discuss your exercise plans with your doctor first.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

FEED YOUR FAMILY ON A BUDGET

Plan your family meals for the week ahead before you hit the grocery store. Having a plan helps avoid food wastage.

Eat seasonal fruit and vegetables – these are always the cheapest and tastiest! And look for the "imperfect" varieties that are often bundled off cheaper, they will still taste just as good.

Fill out your meat-based soups and casseroles with added legumes, this will add plant-based proteins, fibre and nutrients, and can easily turn a recipe for 4 into a meal that serves 6-8 for very little extra cost.

Cook once, eat twice! Take some time on the weekends to do some healthy batch cooking and store in the freezer for easy mid-week dinners.

Keep frozen fruit & vegetables on hand for when your fresh options have run low.

Keep an eye on the expiry dates in your pantry.

Minimise processed discretionary (aka junk) foods. These rarely fill you up and provide little to no nutrition. Plus, you are often paying for fancy packaging and advertising. ■

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

NUTRITIONAL INFO

PER SERVE 1570kJ (375Cal), **protein** 13g, **total fat** 18g (sat. fat 3g), **carbs** 33g, **fibre** 11g, **sodium** 10mg
• **Carb exchanges** 2
• **GI estimate** low

PEANUT BUTTER & RASPBERRY OVERNIGHT OATS *Recipe, page 58*

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option
When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

CUT OUT & KEEP

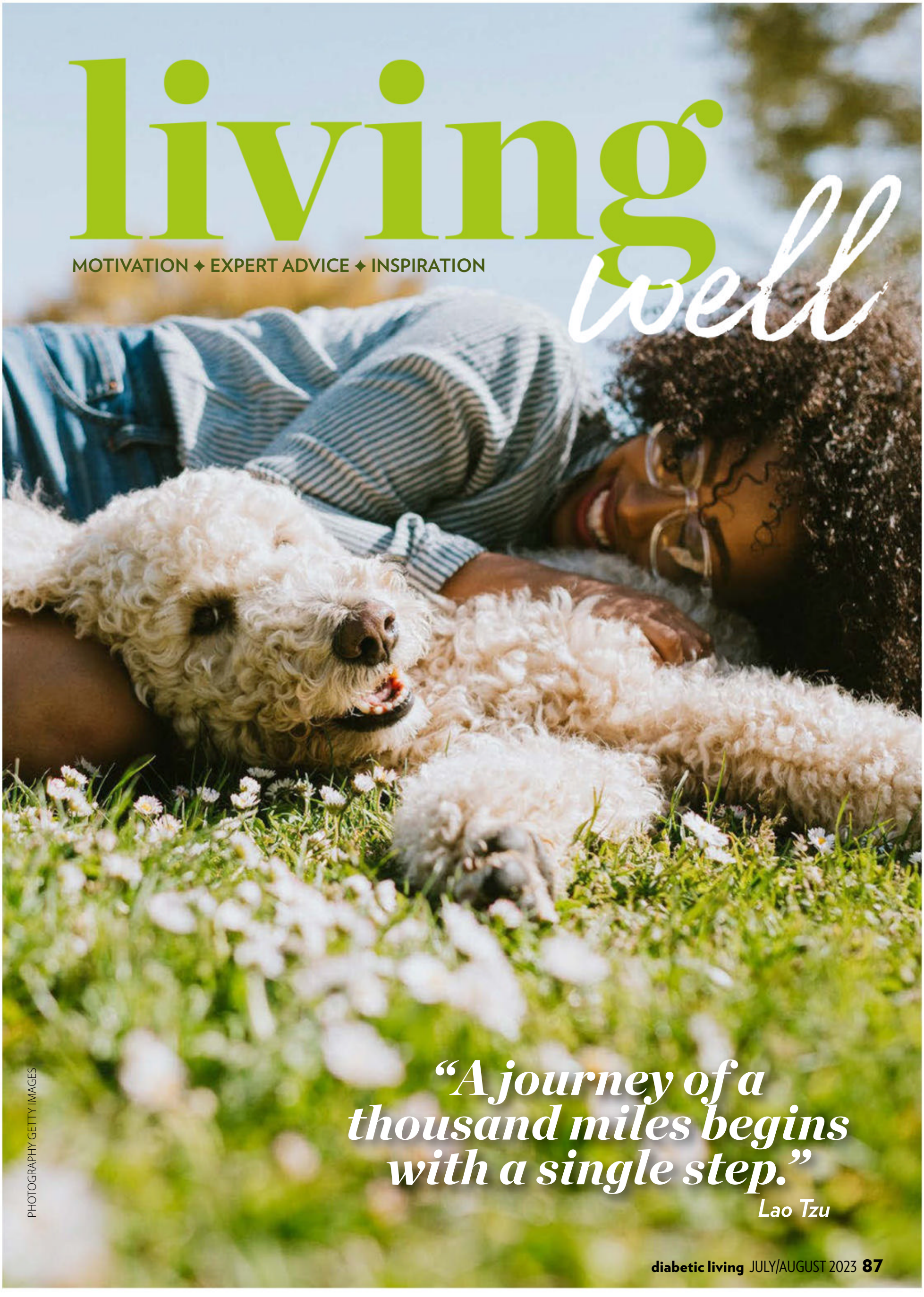
YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION



PHOTOGRAPHY GETTY IMAGES

"A journey of a thousand miles begins with a single step."

Lao Tzu

FAT!

You have likely been told at some point in your life that fat is "bad". Dr Kate Marsh explains the difference between the dietary fats, and why some fats are beneficial and others should be limited.

Friend or Foe?

Are you confused about fat? With the current attention on low-carb, high-fat and keto style diets and claims that 'butter is back', it's not surprising if you are unsure about how high-fat foods fit into your diet. *DL* mag dietitian and diabetes educator, Dr Kate Marsh, explains the role of dietary fat in the diet for people with diabetes and provides tips to help you decide which high-fat foods to include in your eating plan.

Dietary fats explained

SATURATED FATS are typically solid at room temperature. You will find them in animal products such as fatty cuts of meat, cheese, butter, and cream, and in palm and coconut oil, which are commonly used in processed foods such as high-fat snack foods (biscuits, pastries, chips etc) and fast foods.

MONOUNSATURATED FATS are typically liquid at room temperature. You will find them in avocados, olives, nuts (including almonds, cashews, peanuts, macadamia nut) and plant-based oils like olive oil, avocado oil, macadamia oil, and peanut oil and canola oil.

POLYUNSATURATED FATS are typically liquid at room temperature. You will find them in plant-based oils like sunflower, safflower, soybean, and corn oils. Omega-3 polyunsaturated fats are found in oily fish and some seeds and nuts.

OMEGA-3 FATS are a type of polyunsaturated fat. The two main types of omega-3 fats are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are found primarily in oily fish like salmon, mackerel, and sardines. Another type of omega-3 fat, alpha-linolenic acid (ALA), is found in plant-based foods including flaxseeds, chia seeds, hemp seeds and walnuts.

The role of fat in our diet

Dietary fats are one of three macronutrients (along with protein and carbohydrate) found in the foods we eat. Fats in our diet provide us with energy and essential fatty acids, help with the absorption of fat-soluble vitamins, and play an important role in the production of hormones and the structure of cell membranes. They also help to provide satiety and can enhance the flavour of foods.

However, not all fats are created equal and research shows that focusing on the quality of the fat in your diet, rather than the quantity, is the key to healthy eating.

The types of fat in our diet

There are three major categories of fat in our diet: saturated fats, unsaturated fats, and trans fats.

However, there are two types of unsaturated fats - polyunsaturated and monounsaturated. And polyunsaturated fats can be further broken down into omega 6 and omega-3 fats. Each of these types of fats has different effects on our health. See "Dietary fats explained" at left.

Why the type of fat we eat matters

High intakes of saturated fat can worsen insulin resistance, the underlying problem in type 2 diabetes, and diets high in saturated fat are associated with an increased risk of type 2 diabetes. It is thought that saturated fat may contribute to insulin resistance by promoting inflammation and oxidative stress, which can damage cells and interfere with insulin signalling pathways. On the other hand, diets rich in unsaturated fats, particularly monounsaturated and polyunsaturated fats, have been shown to improve insulin sensitivity and reduce the risk of developing type 2 diabetes.

High intakes of saturated fat can also increase blood cholesterol levels and risk of cardiovascular disease, while unsaturated fats can benefit heart health.

Overall, research suggests that replacing saturated and trans fats with unsaturated fats leads to positive health outcomes, particularly when it comes to type 2 diabetes and heart health.

Dietary fat advice for people with diabetes

The American Diabetes Association publishes evidence-based guidelines for the management of diabetes each year, based on current research. Their 2023 nutrition recommendations say that there is no ideal amount of fat in the diet for people with or at risk of diabetes. Instead, the amounts of different macronutrients in your diet (fats, protein and carbs) should be individualised according to your current eating patterns, food preferences and health goals.

They also explain that the type of fat in your diet is more important than the total amount, and that saturated fats should be limited and trans fats avoided. Lastly, they recommend replacing saturated fats with unsaturated fats and not refined (highly processed) carbs.

The guidelines suggest considering a Mediterranean-style eating plan, which has been shown to improve both blood glucose levels and blood fats. Mediterranean-style diets are low in saturated and trans fats because of a low intake of processed foods and red meat. Instead, they include plenty of healthy fats from nuts, seeds and extra-virgin olive oil, along with some fish. The Mediterranean diet is also high in fresh fruits and vegetables, minimally processed wholegrains and legumes.

THE TROUBLE WITH

TRANS FATS

Trans fats are created when unsaturated fats (usually vegetable oils) are partially hydrogenated, a process which makes them more solid and stable - the latter gives foods a longer shelf life. While Australian food manufacturers have largely removed trans fats from foods, including margarines, you may still find them in some fried foods, baked goods, and high-fat snack foods. Small amounts are present naturally in meat and dairy products but these may not have the same health effects as the trans fats in processed foods.

Trans fats have been found to increase LDL cholesterol, reduce HDL cholesterol and increase the risk of heart disease and stroke. There is also some evidence that higher intakes of trans fats are associated with an increased risk of type 2 diabetes and some types of cancer.

Some countries have banned trans fats in foods completely and others require mandatory labelling showing the amount of trans fat and the food. In Australia, manufacturers are not required to declare trans fats on food labels unless they make a nutrition content claim about cholesterol or fat in the food.

HIGH-FAT FOODS TO INCLUDE AND AVOID OR LIMIT

HIGH-FAT FOODS TO INCLUDE IN YOUR EATING PLAN	HIGH-FAT FOODS TO AVOID OR LIMIT
✔ Avocado	✗ Processed meats including bacon, sausages and salami
✔ Nuts including almonds, walnuts, Brazil nuts, hazelnuts, cashews, peanuts, macadamia nuts, pecans	✗ Fatty cuts of meat or poultry
✔ Seeds including sunflower seeds, pumpkin seeds, sesame seeds, chia seeds and flaxseeds	✗ High-fat fast foods, particularly fried foods such as chips, wedges and battered foods
✔ Natural nut and seed butters	✗ Savoury snacks such as potato chips, corn chips and high-fat cracker biscuits
✔ Oily fish such as salmon, sardines and mackerel	✗ Commercial biscuits, cakes, pastries and doughnuts
✔ Olives	✗ Commercial pies and pastries
✔ Extra-virgin olive oil	✗ Frozen foods such as crumbed or battered fish or chicken, fish fingers, chicken nuggets and spring rolls
✔ Other monounsaturated or polyunsaturated oils including canola and avocado oils	✗ Solid cooking margarines
	✗ Blended vegetable oils

How to get the right balance of fats in your diet

Whether you choose to follow a low-, moderate- or high-fat diet, the types of fats you include in your eating plan are important (see opposite, "High-fat foods to include and avoid or limit"). You can get the right balance of fats by:

- Avoiding processed meats and choosing lean cuts of meats and poultry
- Including 2–3 fish meals each week, particularly oily fish
- If you don't eat fish or seafood, including plant sources of omega-3 fats in your meals, such as linseeds, chia seeds, hemp seeds and walnuts
- Using oils like olive, avocado or canola for cooking and salad dressings – cold-pressed is best. Replacing butter with avocado, hummus, tahini or pure nut spreads
- Avoiding fried fast foods and high-fat convenience foods such as pies, pastries, crumbed and battered foods
- Replacing high-fat snacks like chips and corn chips with unsalted nuts, roasted chickpeas and wholegrain/seeded crackers
- Making your own healthier versions of cakes, biscuits, muffins and other sweet snacks using monounsaturated or polyunsaturated oils, nuts, seeds and nut butters.

In summary

The ideal amount and type of fat to include in your diet for you will depend on your individual health goals and food preferences. It is also important to consider your overall eating pattern as fat is just one piece of the puzzle when it comes to managing your diabetes and optimising your overall health. An Accredited Practising Dietitian can provide you with personalised advice and help you to design an eating plan to meet your individual needs.

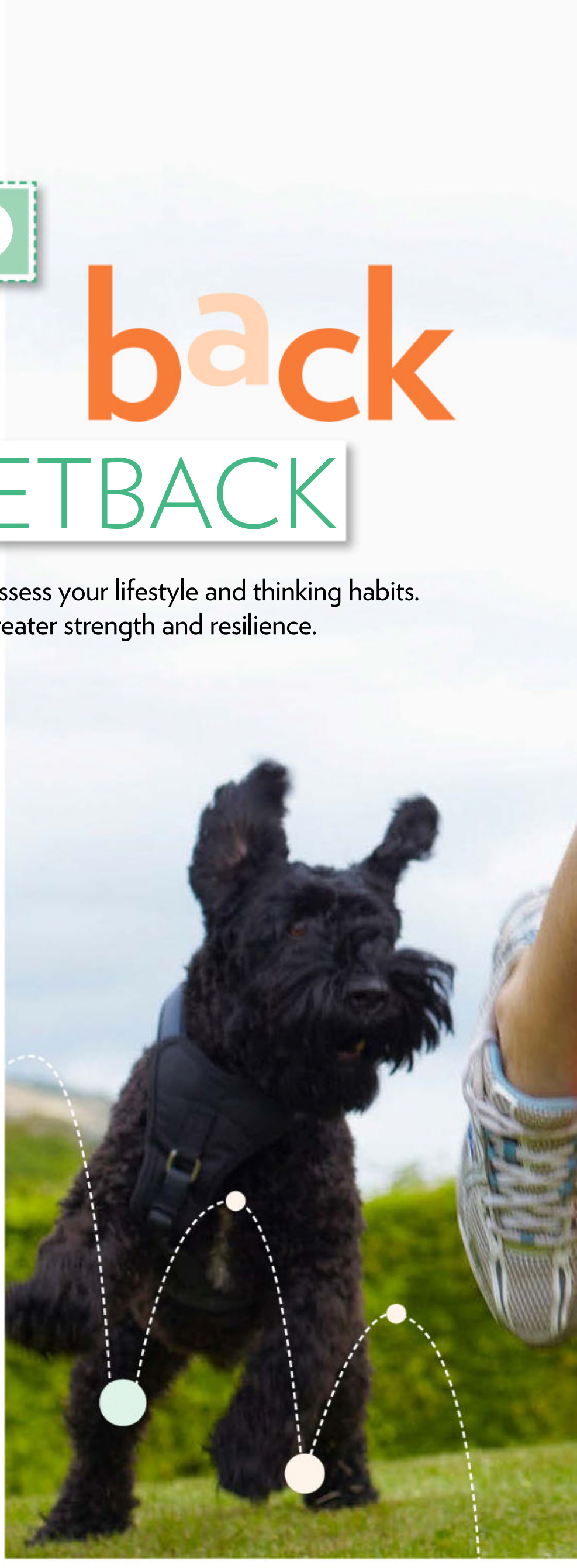
HOW TO bounce back FROM A SETBACK

Don't let a setback crush your spirit – use it to reassess your lifestyle and thinking habits. This way, you can face the future with greater strength and resilience.

Life can change in a moment. Your partner says it's over, your company goes belly up or your doctor soberly tells you that your health is in strife. It's the kind of news no-one wants to hear, but such a curve ball presents a simple choice that may well define your life going forward. It can lay you flat or be the making of you, even when the change is stressful and completely unwanted.

"When people find themselves faced with a setback, they often feel like it's the end to their happiness. But, in fact, they need moments of enjoyment, pleasure and happiness now more than ever," says Dr Timothy Sharp, founder and chief happiness officer of The Happiness Institute in Sydney. "It's important, therefore, when you're not in crisis, to practise strategies for resilience so that you can experience happiness during times of difficulty, hardship and unwanted change."

This is even more critical for people with diabetes, who sometimes need to cope with a greater number of often sudden, and unexpected, life changes. If this happens to you, it's important that you resist the urge to dive under the covers and stay there – a head-in-the-sand approach is no solution to a setback. The following life-affirming thoughts and strategies will help you bounce back and stay strong.



SETBACK THINKING

"Why did this happen to me?"

BOUNCE-BACK THINKING

"What can I learn from this?"

The way it works

Being your own spin doctor and looking for the silver lining in a difficult situation may seem the ultimate stretch, but it's a challenge worth rising to.

"People who are very positive see setbacks as events that redirect them to better life and health choices," says Dr Mary Casey, a psychologist and chief executive officer of the Casey Centre, a health and education service in New South Wales. "So, if you discover, for example, that your diabetes has caused a new health complication, use this information to motivate you to make important positive changes in your diet, workload or stress levels to help stabilise your blood glucose levels and improve your wellbeing."

Put it into practice

SEEK SUPPORT Utilise your support network. "Happy and resilient people don't necessarily cope with everything on their own," says Dr Sharp. "Often, they reach out and ask for help."

LOOK ON THE BRIGHT SIDE Use laughter and humour to see things differently. This will help you enjoy the present and remain optimistic about the future.

AVOID CATASTROPHISING Don't say to yourself, for instance, "Now that my husband's left me, no-one will ever love me again." Keep things in perspective and say to yourself, "Maybe I will grow more as a person now I'm on my own and I'll meet some new and interesting people."

CHANNEL IT "Use your setback to learn more about yourself," says Dr Sharp. Focus on the positives within yourself (you're very strong) and in the world (people have been really supportive, which has made you feel very valued).

Laugh away your cares

Sometimes, when you're going through a crisis, your sense of humour can really buoy you up. Try the following to create more opportunities to laugh.

- **Arrange** a tea party where everyone has to wear a silly hat.
- **Choose** a hobby that has a feelgood factor, such as belly dancing.
- **Pick** humorous cards for celebrations and birthdays.
- **Leave** an amusing message on your best friend's answering machine.
- **Play** a game with your kids, such as charades.
- **Hire** some classic comedy DVDs and have a laughter fest.
- **Tickle** your loved ones.
- **Organise** a night of karaoke with friends.

SETBACK THINKING

"How will this affect me in 10 or 20 years time?"

BOUNCE-BACK THINKING

"What will happen tomorrow?"

The way it works

Tackling – and thinking – one day at a time when you're in the middle of a crisis will help you conserve your energy. This means you'll be able to adjust to the sudden changes in your life, rather than feel completely overwhelmed by the big picture.

"When you worry about the future ramifications of a current crisis, you waste time and energy on something that hasn't happened yet, something that you have no control over and something that might not even occur," says Dr Casey.

Put it into practice

LIVE IN THE NOW Savour every sip of that coffee, enjoy the sunset or a spectacular view, and take pleasure in your morning shower. When you're out in the sunshine, see how it bathes the world in light and feel how it warms your shoulders. Whether you're on the phone, in your gym class or sweeping the path, focus fully on experiencing that moment through your senses. While this may sound simple, it's one of life's most difficult, but helpful, skills. If you master it, you'll find that you worry less about the future and can enjoy the life you are living right now.

LEARN FROM THE PAST "Think back to other difficult times in your life when you've been in a crisis. Remind yourself that you got through it then and you will ride this out as well," says Dr Casey. "This will help you imagine yourself coping, come what may."

QUARANTINE YOUR WORRIES Schedule yourself some 'worry time' at the end of the day. When a concern or fear comes to mind, acknowledge that you do need to think it through, then make a note that you'll do so during your 'worry time'. This means you can get back to the task at hand.

SETBACK THINKING
"I'm shattered. I deserve to fall in a heap after this awful event."

BOUNCE-BACK THINKING
"It's more important than ever to take care of my health now."

The way it works

When you're hit by a health problem or the loss of a job or relationship, letting yourself go will only make you more upset, unwell and stressed. This is liable to send your BGLs sky-high. By making a concerted effort to care for your mind and body, you can boost your ability to cope. Looking after yourself at a time of crisis is a good insurance policy against depression or suffering further diabetes complications.

Put it into practice

FIND MORE INFO "Get on the internet to learn about other people in your situation," says Dr Elizabeth Foley, a clinical psychologist who specialises in mindfulness and acceptance and commitment therapy at Mind Potential's Sydney practice. "Contact organisations that deal with your kind of problem. Look at their website or ask their advice. This will help you learn new coping skills so you don't feel so helpless, and give you a sense of being more in control of your life."

RELAX AND UNWIND When you've suffered a crisis or setback, you can end up living on your nerves, feeling irritable, tense, unable to sleep and agitated.

"To break this cycle, you need to make a conscious effort to relax, even if for only a few minutes a day," says Dr Foley. "Meditation can do a great deal to help you feel on top of things and assist in stabilising your blood glucose levels."

Exercise is also great for relieving stress and can make you feel more energetic and able to cope. So aim for 30 minutes most days – even if it's only for a gentle walk.

BE REALISTIC "When you think about how you want your life to change or improve, aim to find a reasonable, rather than a perfect, solution," says Dr Sharp.

Don't just pay attention to what may go wrong, but also to what may go right.

Say goodbye to sadness

Don't let sadness consume you after a big life change. Instead, acknowledge your emotions without being possessed by them. To do this, aim to:

- **Take note** of your sad feelings and understand why they have occurred.
- **Work** through negative emotions so you can process them and then learn from them.
- **Observe** your feelings of sadness as though they belong to a friend, but also maintain your distance, so they no longer make you feel sad.
- **Recognise** that once you've dealt with sad feelings, you need to let them go.

SETBACK THINKING

"How will life ever go back to the way it was?"

BOUNCE-BACK THINKING

"What changes do I need to make now this has happened?"

The way it works

When you've been forced into an unhappy life change, it's only natural you might feel resentful, frustrated or cheated. While it's important to acknowledge those feelings and even wallow in them for a little while, learning to let them go will make you less bitter and more able to move ahead. Only then can you find a new way of being that still involves a fulfilling, laughter-filled life, even though it might be very different from the way you lived before.

Put it into practice

CHANGE ONE THING Choose at least one recommended strategy about your situation that appeals to you and that you believe will help you.

"Make a plan to do it today or tomorrow, not next week," says Dr Sharp. "Doing something constructive, anything, is almost always better than doing nothing."

For example, if you've lost your job,polish up your CV or surf job sites on the internet. This simple action will make you feel you're taking a step towards a better future, and will then give you greater confidence, boost your mood and help you remain motivated to keep trying.

MAKE OVER NEGATIVE THOUGHTS Identify negative thinking and how it influences the way you feel.

"Understand that thoughts are not facts," says Dr Sharp. "Challenge unhelpful thoughts and replace them with more helpful ones."

For example, don't think, 'I'm so unlucky because I have more health complications than other people with diabetes', think, 'Lots of people with diabetes have complications, but I'm not powerless – I can help myself by making sure I'm on top of my diabetes management'.

SET NEW GOALS Keep sight of your purpose, direction, goals, dreams and ambitions in life.

"If necessary, change them to accommodate your new situation," suggests Dr Sharp. "But don't give up on them altogether because they are what makes life interesting, challenging and worth living.

TEXT BY STEPHANIE OSFIELD PHOTOGRAPHY GETTY IMAGES

7 NEED-TO-KNOW FACTS ABOUT... CHARCOT FOOT

Charcot Neuropathic Osteoarthropathy, commonly known as Charcot Foot, is a serious condition that arises as a complication of neuropathy, or nerve damage, to the feet.

1 It's a condition, not a disease Charcot Foot is always a complication of an existing condition, such as diabetes, which is the most common cause. It is a progressive condition which, if left untreated, worsens to the point of deformity and in severe cases, amputation.

2 It has a sole-mate Charcot Foot goes hand-in-hand with peripheral neuropathy, which is nerve damage affecting the hands and feet. Up to 50 per cent of people with diabetes develop neuropathy due to persistently high blood glucose levels (BGLs) which damage the nerves. This nerve damage leads to loss of sensation, which increases the risk of accidental injury to the feet.

3 Once more, with feeling Yes, there's a reason we feel pain! Pain and pressure send messages to our brain that something is wrong. When neuropathy occurs, it becomes difficult to identify fractures, dislocations and other injuries. When you continue to weight-bear, this exacerbates the injury and puts pressure on weakened bones and joints, causing them to change shape. Eventually the joints collapse, leading to the "rocker-bottom" foot shape.

4 Put your best foot forward Attentive care of your feet is vital to avoiding this condition, especially if you are already experiencing neuropathy. Check your feet every day and see your doctor or podiatrist if you notice any changes. Symptoms of Charcot Foot include swelling (you may have trouble putting shoes on), redness, and warmth of the foot (the affected foot will feel warmer than the other).

5 A holistic approach Good management of your BGLs can reduce the risk of neuropathy by up to 60 per cent. Eating a healthy, balanced diet, daily physical activity, not smoking, and checking your blood glucose levels regularly are all excellent ways to keep neuropathy at bay. Be alert for symptoms, such as numbness, tingling, pain, and weakness.

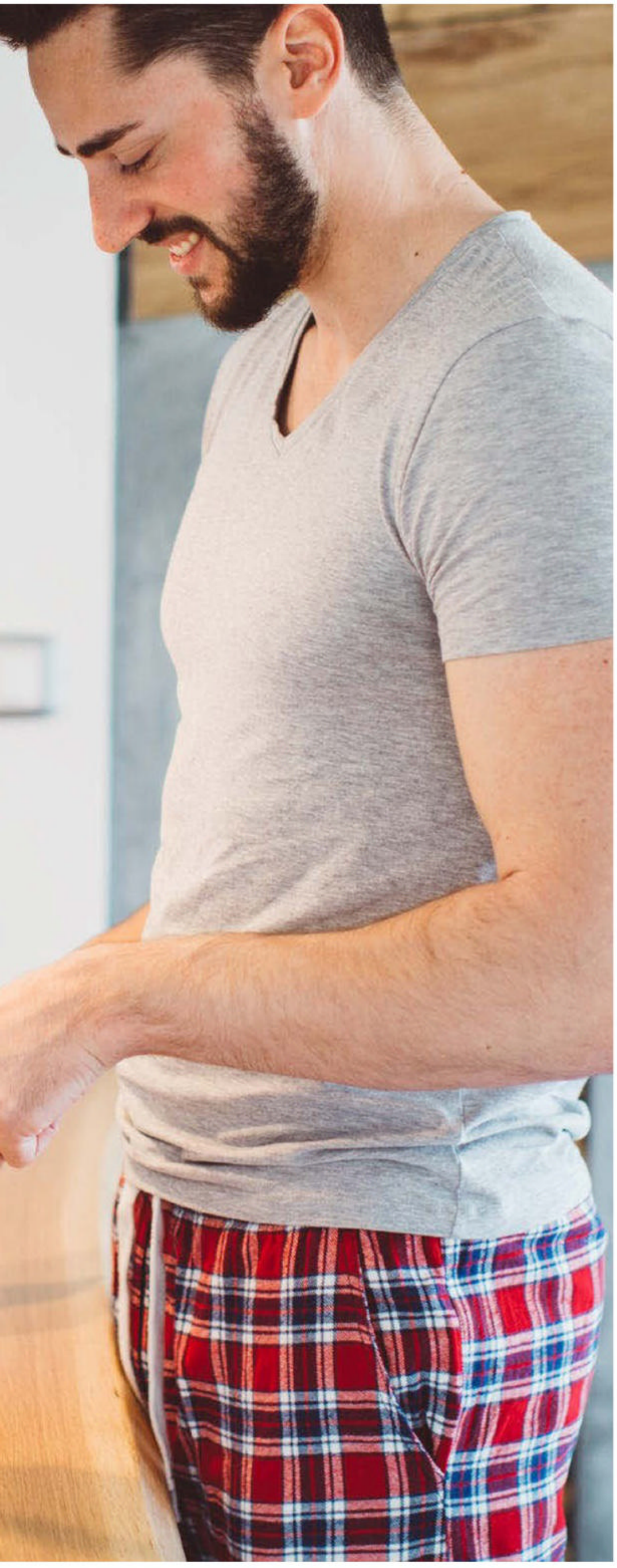
6 The early bird If Charcot Foot is diagnosed early, effective treatment can largely reverse the damage, but it takes time. Non-surgical treatment options include wearing a protective splint, brace or boot to take weight off the injured foot, and potentially using crutches or a wheelchair to give your foot the time it needs to heal. If the condition is more advanced, surgery may be necessary.

7 These boots are made for walking Regardless of whether treatment is surgical or non-surgical, the process can take months. Once the foot has completely healed, custom orthotic inserts or orthotic shoes or boots are beneficial in supporting the feet and preventing further damage.

WORDS ERIN ROBERTS ; ILLUSTRATION GETTY IMAGES

THE POWER OF breakfast

Confused about breakfast? Accredited practising dietitian Susie Burrell shares her insights on the morning meal



Breakfast was once considered the most important meal of the day but the way we think of our morning meal has shifted significantly in the past few years. Whether replaced completely by coffee; shifted to become brunch or skipped altogether in the name of fasting, many of us could take or leave breakfast these days. While the emergence of fasting regimes can partially explain a reduced focus on our breakfast oats or eggs on toast, the reality is that there is not a one-size-fits-all approach to breakfast. Rather, it is about what suits your schedule, dietary requirements, appetite management and blood glucose management through the day.

What are the nutritional benefits of breakfast?

Nutritionally there are a number of benefits associated with refuelling after a 8-12 hour overnight fast. Firstly, eating a meal early in the day gives the metabolism a boost. Breakfast foods, and especially wholegrain cereals such as oats and bread enjoyed at home offer a significant proportion of our daily intake of dietary fibre, wholegrains and B group vitamins, nutrients which play key roles in digestive health and energy metabolism. There is also some research to show that consuming a nutritious breakfast helps to reduce snacking throughout the day.

What about fasting?

In Australia it is estimated that between 10-12% of adults skip breakfast regularly. While intermittent fasting has been shown to have a number of metabolic benefits, and is also associated with moderate weight loss over time, for individuals who need to be especially mindful about blood glucose management, there is no extra benefit that comes from extending the overnight fast beyond 12 hours. In fact, eating a meal early in the day has a number of benefits when it comes to metabolism and weight control.

The real issue

The less frequently mentioned issue associated with our breakfast choices is that we love to pick up brekkie from our local café, and café breakfasts are very different nutritionally from those we would prepare at home. Whether it is a jumbo milky coffee which contains more calories than a meal; fried bacon and egg dishes or sweet

WHAT ARE SOME OF THE BEST BREAKFAST OPTIONS?

GREEK YOGHURT

Fruit yoghurt offers some protein and calcium but it can also offer 20-30g of sugars and less than half the protein of a couple of eggs. If you love your yoghurt, the best yoghurt option is a Greek yoghurt, in particular the ones that contain no added sugar and clock in at almost 20g of protein in a single serve.

PROTEIN SMOOTHIE

Smoothies can be a great breakfast options as long as you get the right mix of ingredients to avoid a complete calorie overload. Start with some fruit and vegetables, add your favourite milk and then remember that you need one other high-protein ingredient to make it a balanced meal - think Greek yoghurt or protein powder.

BLUEBERRY LEMON OVERNIGHT OATS

PREP 5 MINS **COOK** 5 MINS
SERVES 2 (AS A BREAKFAST)

- ⅓ cup plain Greek yoghurt
- ½ cup Carman's Omega-3 Australian Oats
- ⅔ cup unsweetened almond milk
- 1 tbsp lemon juice
- ½ cup blueberries
- 1 tbsp chia seeds or ground flaxmeal
- ½ tsp vanilla extract
- 2 tbsp honey or maple syrup

1 Whisk together all ingredients in a medium-sized mixing bowl. Spoon into 500ml jar with a tight-fitting lid.

2 Close and refrigerate for at least 4 hours, but preferably overnight, before eating.

BAKED BEANS

Often forgotten, the humble baked bean is a nutrient powerhouse and contains a near perfect mix of carbs and proteins in a single serve. Eat them out of the tin; make your own at home or team a small can with some wholegrain bread and cheese for a yummy, protein- and fibre-rich breakfast jaffle.

EGGS

Whether you enjoy them hard boiled, poached with a slice or two of wholegrain toast or in an omelette it is the 16-plus grams of protein found in a couple of eggs along with more than 20 other key nutrients that truly make them a superfood. When it comes to weight loss, it is known that consuming 20g of high-quality protein helps to control insulin levels, the hormone that controls fat metabolism in the body, and this is just one of the reasons eggs for breakfast are so closely linked to weight control.

BREAKFAST WRAP

Many of the breakfasts we pick up on the run are much higher in carbohydrates than they are protein - think muffins, banana bread, smoothies. On the other hand, a small wholegrain wrap filled with smoked salmon, lean turkey or ham or cottage cheese is a perfect mix of carbs and proteins and you can even add in some salad for extra fibre and bulk. A breakfast wrap is also an option you can prepare the night before and enjoy on the way to work or the gym.

WHAT ABOUT THE COFFEE?

Our love of the latte and flat white has significantly impacted the make-up of our breakfast. A regular milk-based coffee contains a similar number of calories as a slice of toast, and while the milk can be a nutritious addition, the increase in sweet, plant-based milks commonly used by baristas can mean that you are getting a hit of added sugar with your morning brew without realising it. Replacing food in the morning with a milk coffee means you run the risk of delaying your morning hunger so you don't feel hungry until mid to late morning, when we are more likely to grab a sweet snack to take us through until lunchtime. Or, adding a large coffee to your regular breakfast can easily blow out your breakfast calories.

So, if you love your morning brew, remember a milk coffee is equal to a slice of toast and adjust your breakfast portions accordingly. Opt for small size coffees and ask for unsweetened plant-based milks if they are your preference. Black coffee and piccolos are also relatively low in calories.

pastries and baked goods, while we may not consider the quick breakfast that we grab on the go a substantial meal, nutritionally these breakfast options are packed full of fat, calories and sugars.

Getting your breakfast balance right

The key to ensuring your breakfast is keeping your dietary goals on track is to make sure that you have the right balance, a balance that will appropriately fuel your body, but keep glucose levels controlled and your hunger managed, ideally until lunchtime.

1 START WITH GOOD QUALITY CARBS

Adding some wholegrain low GI carbs to your breakfast mix is the best way to help replenish your body after the overnight fast, and ensure your brain and muscles have all the energy they need to be at their best. If cereal is your thing look out for low-sugar granola options or oats. Fresh fruit is a great option and there are a growing number of lower-carb breads in supermarkets that combine wholegrain goodness will fewer carbs than white breads and wraps.

2 FOCUS ON PROTEIN

One of the most powerful things you can do to ensure your breakfast keeps you full for several hours is make sure you include 20g of good quality protein in your breakfast mix. A couple of eggs, a serve of Greek yoghurt, smoked salmon or high-protein breads are all easy ways to boost the protein content of your breakfast.

3 ADD SOME VEGIES

Few of us get the recommended number of vegetable serves each day, and breakfast can easily contribute to that total. Think sliced tomato on toast, grated vegies added to egg dishes or vegies blended into juices and smoothies for an extra fibre and vitamin boost.

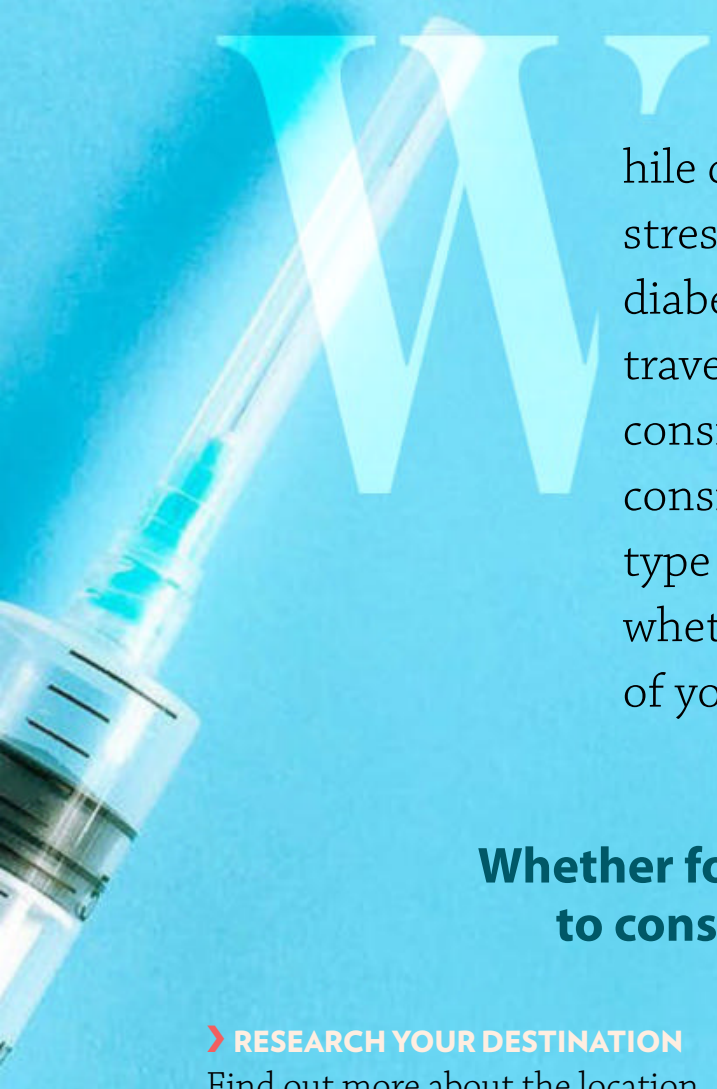
4 DON'T FORGET THE GOOD FATS

Goods fats that come from a range of foods including olive oil, avocado, nuts, seeds and peanut butter not only offer a range of key nutrients, but adding some good fat to a meal helps to ensure that you will be kept fuller for longer. Avocado works well with toast and smoothies, as do nuts and seeds. In particular 100% nut spreads add good fats and protein to toast, smoothies and breakfast baking while also adding plenty of taste and flavour. Aim to add at least 1 serve of good fat to your favourite go-to breakfast of choice.

PREPARING TO TRAVEL ABROAD WITH DIABETES

bye, bye, bye!

With overseas travel back on the agenda, DL mag credentialled diabetes educator, Dr Kate Marsh, shares her tips on what to consider when preparing for your next trip.



While careful planning and preparation can help anyone enjoy stress-free travel, it's particularly important when you have diabetes. Although having diabetes shouldn't stop you from travelling, it does mean that there are some extra things to consider as you plan your journey. Whether you need to consider all, or only some of these points, will depend on the type of diabetes you have, how you manage your diabetes, whether you are using any diabetes technology, the duration of your travels and your travel destination(s).

Whether for work or pleasure, here are 12 things to consider when planning your next trip:

› RESEARCH YOUR DESTINATION

Find out more about the location you are travelling to, including the weather, geography, availability of safe drinking water and the health services and facilities available. You may also want to research local food options, particularly if you are unfamiliar with the cuisine.

› CHECK YOUR TRAVEL INSURANCE

It is important to check that your travel insurance covers pre-existing health conditions. Australia has reciprocal arrangements for emergency medical treatment in New Zealand, the UK, Ireland and several European countries (for those who have access to Medicare), however this is not a substitute for travel insurance. You can find more information at *servicesaustralia.gov.au/reciprocal-health-care-agreements*. If you use an insulin pump, you may also wish to insure this.

› STOCK UP ON DIABETES SUPPLIES

Depending on the type of diabetes you have and how it's managed, this could include medications, blood test strips, ketone strips, insulin pens and pen needles or syringes, continuous glucose monitoring sensors and transmitters, pump consumables and spare batteries for pumps and blood glucose meters. How much you take will depend on the duration of your travels but aim to have plenty of extra supplies in case your travel plans change unexpectedly or any of your supplies are lost.

Leave your medications in their original packaging and make sure they are clearly labelled with your name and dosage instructions. It's also a good idea to take a letter from your doctor, outlining the medications you take and how much you will take (see page 106).

› PURCHASE DIABETES MEDICATION STORAGE

If you use insulin or injectable medications, consider an insulated case to keep your medication at the correct temperature. There are many types of insulated cases available, either through Diabetes Australia state and territory organisation online stores (*diabetesshop.com/collections/cooling-cases*) or directly from manufacturers/suppliers. Common brands include Glucology (IBD Medical), FRIO and Medactive. The type of case you should choose will depend on whether you have regular access to a fridge/freezer throughout your trip. It is important to carry your diabetes supplies with you at all times - for air travel this means keeping them in the aircraft cabin, not in checked luggage where they could get too hot or cold, and could get lost.

› CONSIDER MEDICAL IDENTIFICATION
This can be a good idea, particularly if you take insulin or diabetes medications that put you at risk of hypoglycaemia. There are many options available but MedicAlert (*medicalert.org.au/*) is recognised internationally.

› PLAN FOR TIME ZONE CHANGES
If you are taking insulin or medication that needs to be taken at a particular time of the day, it is important to speak with your doctor or diabetes educator about how to adjust your insulin/medication timing if you are changing time zones during your travels.

› PACK YOUR DIABETES SICK DAY MANAGEMENT PLAN Before you head off, it is important that you have an up-to-date sick day management plan that explains how to manage your diabetes if you are unwell. It is also important to pack a travel-friendly sick day kit which could include things like medications for nausea/vomiting and diarrhoea, pain medications, broad-spectrum antibiotics, oral rehydration solution, antiseptic cream/lotion, and basic wound dressing products. If you have type 1 diabetes, your sick day kit should include a blood ketone meter and test strips.

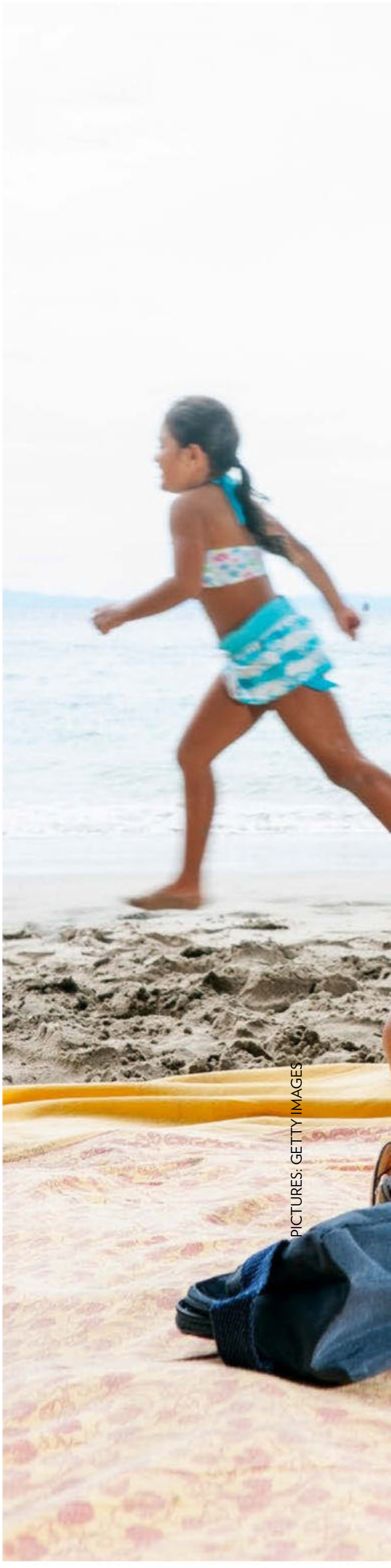
› HAVE A PUMP BACK-UP PLAN If you use an insulin pump, make sure you have a current back-up plan in case of pump failure. You will also need a supply of basal (long-acting) and rapid-acting insulin, and pen needles or syringes to give insulin if your pump stops working. Some companies may loan a spare pump for travel, but an application usually needs to be submitted a few months ahead.

› UNDERSTAND DIABETES TECHNOLOGY AND AIRPORT SECURITY
While metal detectors are fine, most CGM devices and insulin pumps should not be exposed to X-ray screening, including whole-body imaging scanners and baggage X-ray machines. If needed, you can request an alternate means of screening, such as a pat down or hand inspection of the device. Having a letter which explains this (see below) can help to prevent hold-ups at airport security.

› GET A DIABETES TRAVEL LETTER Ask your doctor or diabetes educator for a letter saying that you have diabetes and outlining the supplies that you will be any carrying and any requirements around diabetes technology (such as pumps and CGM) that need to be considered with airport security. Take several printed copies of the letter and also have it available on an electronic device such as a smart phone, tablet or laptop. If you are travelling to a non-English speaking country, get the letter translated into the language of the country or countries you are visiting.

› PACK PLENTY OF HYPO TREATMENTS
If you are at risk of hypoglycaemia, make sure you pack plenty of hypo treatments and spare snacks. Good options which don't take up too much space or weight include glucose tablets and gels, and muesli bars or trail mix.

› MAKE SURE YOUR VACCINATIONS ARE UP-TO-DATE Depending on where you are travelling, this could include measles, tetanus, hepatitis A and B, typhoid, yellow fever, influenza, and, of course, COVID-19. Anti-malarial medications may also be recommended in some countries. See your doctor at least 8 weeks before you travel, if possible, to discuss the need for vaccinations. For more information visit the Australian Government Smartraveller website: *smartraveller.gov.au/before-you-go/health/vaccinations#vaccinations*



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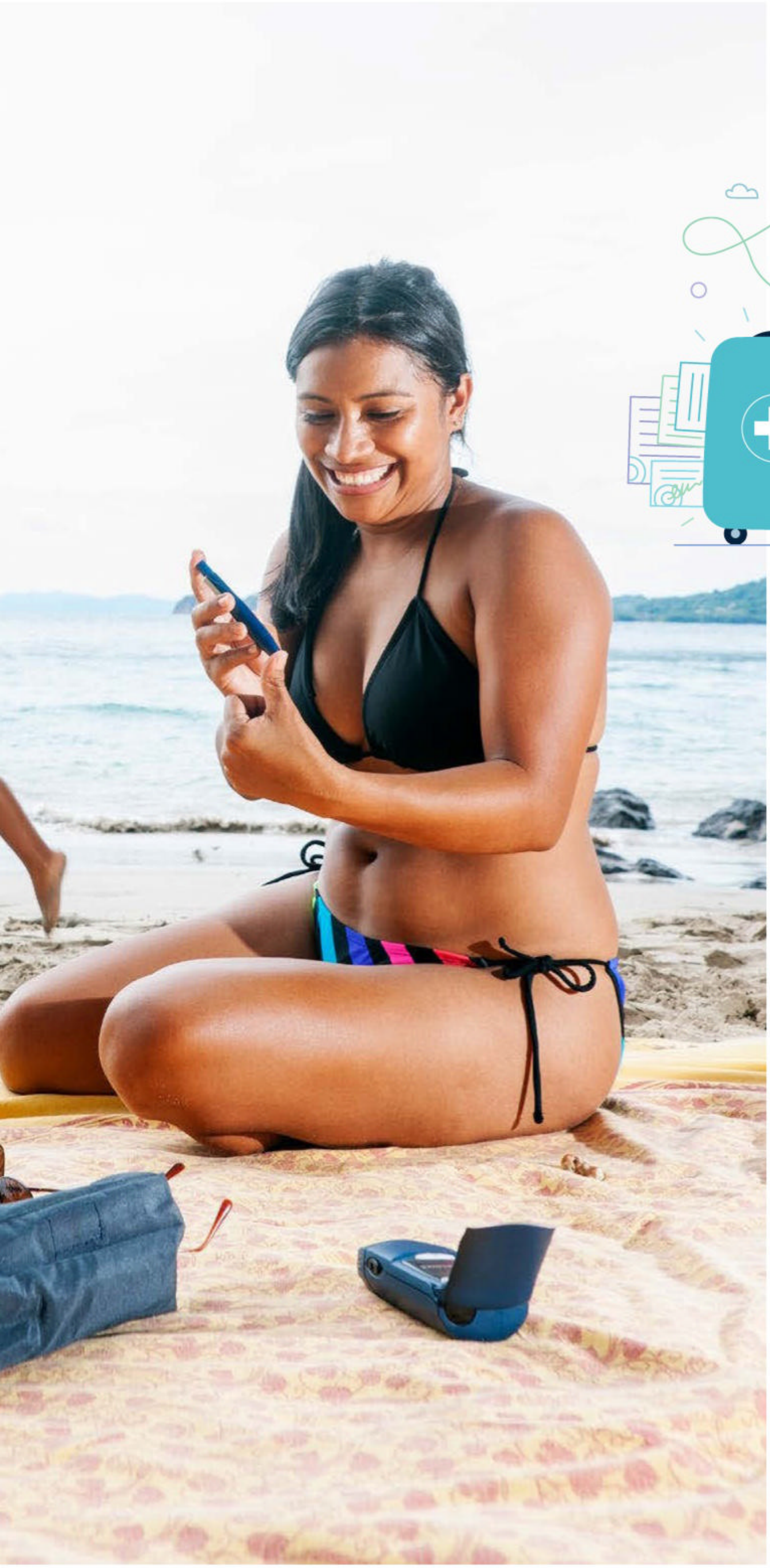
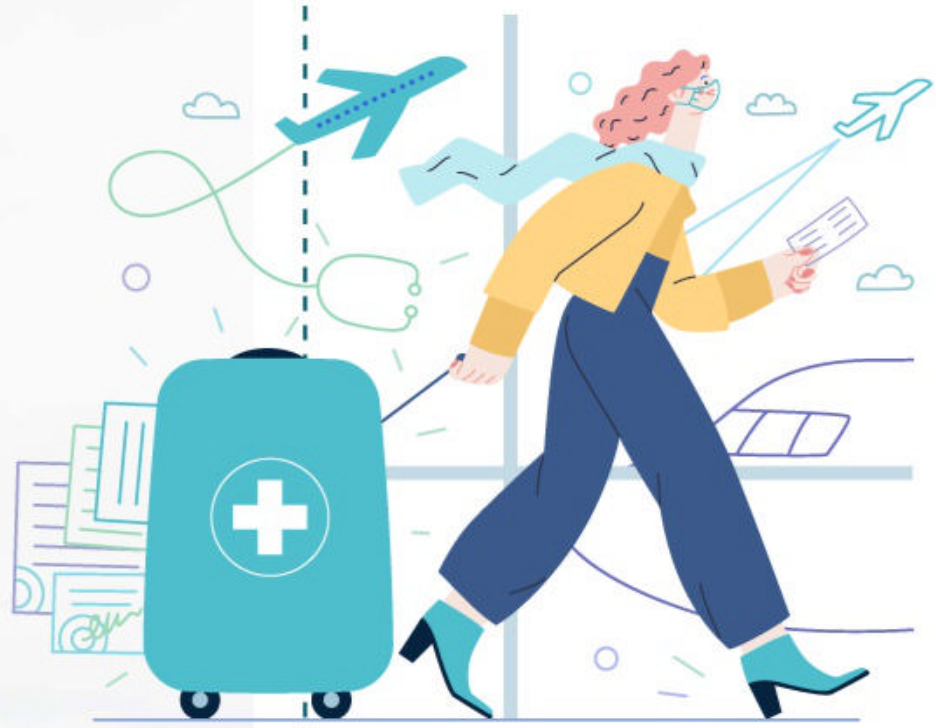




TRAVEL RESOURCES

OUR CUT-OUT AND KEEP GUIDE TO IMPORTANT TRAVEL HELP

NDSS DIABETES AND TRAVEL FACT SHEET This includes a useful "what to pack" checklist. *ndss.com.au/about-diabetes/resources/find-a-resource/travel-fact-sheet*

NDSS TRAVEL AND TYPE 1 DIABETES BOOKLET (for young people) *ndss.com.au/living-with-diabetes/about-you/young-people/resources*

NDSS SICK DAY MANAGEMENT RESOURCES: *ndss.com.au/living-with-diabetes/health-management/sick-days*

SMARTRAVELLER WEBSITE: *smartraveller.gov.au*

THE KEY TO A HEALTHY GUT

The impact of nutrition on gut health has become a hot topic in the past few years and the evidence continues to grow in this space. Baker Heart and Diabetes Institute accredited practising dietitian Alison Bennett explains the role that fibre plays in gut health for people living with diabetes.

There is a growing body of published research that links gut health with everything from our immune response, brain health and even mental health. What we can say for certain is that our gut microbiome – the trillions of microorganisms that live in our intestinal tract – are important for many of the body's key functions for health and wellbeing.

These gut bugs not only help us to digest food and absorb the nutrients that food provides us, but they are involved in many aspects of health including metabolism, body weight and immune regulation, as well as brain function and mood. So, what can we do to support our gut health to better our wellbeing? It turns out that fibre is king.

What is fibre?

Fibre is essentially the components of plant foods that the body cannot digest in the small intestine and are instead fermented in the large intestine. While fibre is a carbohydrate, as it isn't digested, it does not increase blood glucose levels.

We need fibre to help keep our digestive systems healthy and to support regular bowel movements. It also helps to sustain the feeling of being full after meals, can improve cholesterol and blood glucose levels, and can assist in preventing some diseases including diabetes, heart disease and bowel cancer.

Australian dietary guidelines recommend adult men consume 30g fibre per day and women consume 25g of fibre per day, however higher intakes up to 50g are reported to have benefits. It is recommended that people living with diabetes should consume the same amounts. Unfortunately, the majority of Australians do not generally meet these targets.

TYPES OF FIBRE

There are three types of fibre: soluble fibre, insoluble fibre and resistant starch.

SOLUBLE FIBRE dissolves in water. It forms a thick gel in your stomach, which helps to slow digestion and soften your bowel motion. It can help to improve blood glucose levels and can assist with the lowering of unhealthy cholesterol as soluble fibre collects cholesterol deposits as it moves through the body.

GREAT SOURCES OF SOLUBLE FIBRE INCLUDE:

- oats and barley
- legumes like lentils, peas, beans
- fruits and vegetable flesh

INSOLUBLE FIBRE does not dissolve in water and remains intact in your body. It therefore adds bulk to your bowel movements and helps to push them through your body ready for elimination, promoting bowel regularity, and can prevent constipation.

GREAT SOURCES OF INSOLUBLE FIBRE INCLUDE:

- wholegrain products like wholegrain bread, wholemeal pasta, quinoa, brown rice
- legumes, seeds, nuts
- edible skin of fruit and vegetables such as apples, potatoes or carrots

RESISTANT STARCH is the third fibre type and is a carbohydrate that doesn't digest. As resistant starch ferments, it becomes a prebiotic that feeds the good bacteria in the large intestine.

Significantly, unlike other starches, resistant starch does not raise blood glucose levels, making it a great fibre option for people living with diabetes. Like the other fibres, resistant starch helps to increase the feeling of fullness, treat and prevent constipation, lower cholesterol, and decrease the risk of bowel cancer.

RESISTANT STARCH IS FOUND NATURALLY IN:

- plantains and green bananas (as a banana ripens the starch changes to a regular starch)
- white beans and lentils
- whole grains including oats and barley

Interestingly, the cooking process can change the amount of resistant starch in a food. Heating it decreases the amount of resistant starch. For example, cooked rolled oats have less resistant starch than oats soaked overnight and eaten cold. Additionally, resistant starch can be increased by cooling rice, pasta and potato after cooking. By cooking and cooling these starchy foods, less of the starch digests into sugar, which means less impact on blood glucose levels, even when it's reheated.

Increasing your intake of fibre is an easy and evidence-backed change you can make to improve your overall health. If you are adding extra fibre to your diet, do so slowly to prevent excess wind, bloating and discomfort. It is also important to ensure you consume enough fluids to help the fibre move through the gut effectively.

TIPS

- Increase the variety of plant foods you eat by picking foods that contain multiple plant sources, for example, choose mixed lettuce rather than baby spinach or mixed frozen berries instead of frozen blueberries alone. The aim is to consume 30 plant foods each week.
- Add lentils and legumes where you can. These are cost effective and are highly nutrient-dense. A tin of 4 bean mix works well tossed through a salad, while tinned lentils can easily be added to mince-based dishes like bolognaise sauce.
- Where possible, leave the skin on fruit and vegetables. Just wash them well before eating.
- Cook extra pasta, rice or potato (skin on) and cool them to reheat and use with meals the following day.

You are enough

When journalist Sheridan Stewart decided to set herself a 90-day challenge to put the brakes on her over-spending, over-eating and over-working, she had no idea that she was about to begin a life-changing journey – and write a book about it.

I've worked as a radio broadcaster and journalist for many years. It's a role I absolutely love but in recent years I've found it increasingly hard to switch off. I was afraid that if I stopped, I'd never start again

I was over-spending, over-eating and over-working.

Something had to change.

I began to think deeply about how feelings of inadequacy plague so many of us and drive us to want to have, be or do more. So, I began to keep a journal and reflect on my life and on memories – out of which my insights emerged.

When I shared my thoughts with friends and colleagues, I learnt that while the stories were personal, the themes and learnings resonated strongly with others, prompting them to reflect deeply on the stories that have shaped their own lives.

This book isn't a fast-fix or a 'how-to' book – although there are some suggestions you may choose to explore – rather it's an invitation to press pause, to check in with yourself (and your Self!) and learn what it means to be enough.

You will find the key themes of what is enough – in terms of our bodies, careers, money, love, relationships and loss – are revisited in each of the three parts in this book, each time digging a little deeper and building on what you've already discovered. At the end of each part, we reassess where we're at 30, 60 and 90 days into the challenge. You will also find some Life Hacks along the way that are designed to support your challenge. By working through this book and completing your own 90 days, you have an opportunity to bring your habits, dreams and desires up to date and into alignment with where your life is at today. All dollars within the book are displayed as Australian dollars. Please convert online to your local currency.

Together, we'll remember the people and events that shaped our lives and rediscover what it means to have, do and be enough.

Here's how it all began for me, my first entry in my journal. ➤

DAY ONE

The Quest

My journal – Day One: Too much of a good thing is still … too much! I find myself wishing I had a new notebook to start this journal in. I love opening a new, purpose-bought exercise book and putting pen to pristine paper for the first time. Never mind that I have a dozen or more partially filled notebooks, empty pages languishing: I still crave just one more.

"Isn't it ironic?" Alanis Morissette once asked. Well, yes.

It's Day One and already I want more.

To be honest, I thought food would be my first hurdle. Mine is the café generation: we meet and eat in cafés daily, sometimes more than once, scouring the menu for that perfect meal to satisfy the eternal question 'What do I feel like?' Usually what my friend ordered seems to be the answer. Even when we order the exact same meal, the waiter hands the larger portioned plate to my companion as though attempting some sort of karmic balancing. As though waiters have an inbuilt sense of who has already had more than their fair share. Body dysmorphia, it seems, is not the only wonky judgment that has taken up residence in my brain.

Let's see if I can bring you up to speed on my, um … Quest? Endeavour? Experiment? Journey? I think I like quest best. No, quest sounds like I'm searching for the Holy Grail, something eternally out of reach when what I'm really seeking is contentment.

I Am Enough! came to me as a mantra:

I have enough, I do enough, I am enough.

The idea is to explore these concepts and lean into what I already have, do and am. Is it possible to be content with who I am, what I do and what I have?

I love a challenge, so, for 90 days I have decided to contemplate what it means to have, do and be enough and journal my findings.

No cafés. For 90 days, I will eat only foods that I prepare or am offered. If someone says 'Lets meet at such and such a café', my response will be, 'Let's go for a walk instead', or 'How about I cook for you?'

For the next 90 days I will resist all non-essential shopping. I will wear the clothes I already have. Read the books I already own (or visit the library), suspend my on-line memberships (what!?!). Write on the blank pages in my partially used exercise books; create from my abundance of untouched art supplies. Get my hands dirty in my Garden of Neglect.

It's not about punishment, austerity or restriction. It's about utilising the incredible abundance I already have. I suspect I could journal every day for 90 days and still have blank pages in notebooks at the end of it! How will I find all my writing? That's where my lifetime supply of sticky-notes will come in handy.

For 90 days I will attempt to go home from work on time. This just might be an even bigger challenge than staying out of cafés. In my line of work going the extra mile and unpaid overtime are the unspoken expectations that come with the job. But is it true?

So, how has Day One gone so far?

I am writing this journal entry in a half-filled notebook and have eaten foods I have prepared myself = I have enough.

I mowed the front lawn (but not the back) and entered this journal in my Writers' Mastermind, an online writing community (but haven't worked on my novel) = I do enough.

My hope is that this 90-day challenge will reveal I not only have and do enough, but that, maybe, I am enough. I want to be free from the tyrannical belief that I should have more, do more and be more.

Affirmations

What? Why? How?

The content of your character is your choice. Day by day, what you choose, what you think and what you do is who you become.
–Heraclitus

Think of a time someone said something that really hurt you. I bet those words stayed on your mind and that each time they surfaced you felt their sting anew. If our self-talk is made up of habitual negative thoughts, we develop negative beliefs. The good news is, the same principle works for positive thoughts. Let's take a deep dive into affirmations – why they don't work and how they can!

I've been using affirmations for much of my adult life, diligently writing them down each day in my journal – so why am I not a best-selling author living in an immaculate home with an impressive garden and, of course, a perfect body?

It's not that the affirmations don't work – they can and they do. Affirming what we want is helpful but it's only one step, albeit a vital one, in manifesting our dreams.

This 90-day challenge is helping me clarify what I truly desire. Before I design my affirmation, I take a good look at what I want to bring about and why.

Here's an example:
WISH I want a nicer house**.**
REASON This place is too small for the two of us with all our belongings. I am living in chaos and it's hard to find things when I need them.
WHY? I want to feel relaxed and at peace in my own home. When I am overwhelmed by chaos and clutter, I don't like being there. When I avoid being at home I go out and eat in cafés and restaurants. Going out to eat gives me a break and takes the pressure off dealing with the mess for a while.

Ah ... so that's what's really going on! Or at least part of it.

By exploring the reason behind why I wanted a 'nicer house', I have discovered that my wishes are much more than a whim. What a relief! I've judged my desire for a nicer home as shallow and materialistic. I've viewed my habit of eating in cafés and restaurants as greedy and indulgent. So, maybe l was just looking for a way to relieve the pressure?

At the end of the workday, I'm often too depleted to take proper care of myself and I'm not alone. I think about the long line of cars I see at fast food Drive Thru outlets; we're not all 'too lazy to be bothered cooking', we're just too damn tired!

Affirmations are an announcement that change is afoot! I love that. However, if what we desire is too far out of our reach, if it's 'magical thinking', then the affirmation not only won't work – it may even backfire.

In psychology, magical thinking refers to the belief that one's thoughts alone can bring about effects in the world. Thinking something and doing something are not the same but one can lead us to the other.

When I looked through old journal entries and saw the same affirmation written day after day for years, I was curious as to why it hadn't worked. Here's how it went:

I am a slender, fit and vibrant size 12.

The problem is – I wasn't.

Every time I wrote, *I am a slender, fit and vibrant size 12*, my actual response was 'Bullshit!'. I was much bigger. Size 12 felt a million miles away. I wasn't fit nor particularly vibrant either. Nor was I committed to taking the actions required to bring it all about. I'd try a diet or an exercise programme for a while and fail. I couldn't understand why. The harder I tried, the more affirmations I wrote, the more the evidence piled up that it was BS!

Fast forward a couple of decades, here's what it to actually took to become a slender, fit and vibrant size 12:

- 18 months of following a food plan
- Developing an understanding of food addiction
- Studying positive psychology and habit change
- Paying for professional support and guidance
- Changing my social life
- Giving up alcohol and processed food
- Being accountable and accepting support
- Commitment to being consistently active
- Going to bed earlier to fit all of the above in
- Willingness to accept a different lifestyle long term

It's a lot, right? And, that list is just the tip of the iceberg! We don't want to hear how hard it is, how long it takes and – even if achieved – how easy it is to undo!

However, it is possible, I did it and affirmations were one of the tools I used.

Significant change takes dreaming, acceptance, willingness, surrender, action and repetition. Here's what that looked like for me:

There was nothing wrong with my desire to become a slender, fit and vibrant size 12; it's a great goal but it was too big a stretch to believe the *I am* part when I was unfit and technically 'obese' (that term makes me cringe!).

If I'd been a size 14, already following a healthy food plan with a well-established exercise habit in place, my affirmation may have had a fighting chance but the chasm between where I was and were I wanted to be was too big to make it believable.

Current research into habit change suggests it takes a minimum of three to six months to create a new habit and that repetition is key to the new action becoming automatic. When it comes to changing the habits of a lifetime, it should come as no surprise that it takes a LOT more than almost any programme or product promises and yet I kept drinking the Koolaid.

Action

There are more ways to work with affirmations than writing them, but I'll start here.

You can blame all of those romcoms where the protagonist's bathroom mirror is covered with affirmations written on sticky notes. I confess I've lived that cliché and, done right, it can actually work!

Affirmations are more effective when they are believable!

Here's how I created a successful, specific written affirmation:

1 ***I took my wish and turned it into a positive statement, being very specific and in present time:*** I am a slender, fit and vibrant size 12.

2 ***I wrote down all the different responses I had to that statement:*** No, I'm not! Bullshit. Maybe this time it will work. I just need the willpower. Why bother, I'll just fail … again. I'll start Monday. If I lose half a kilo a week, I'll be slim by Christmas, no not this Christmas, next Christmas … F#%k that's so far away. I'm hungry …

3 ***I went back to my specific statement and changed the wording, taking in how each version made me feel. I kept working on it until it became something I really believed:*** I am a slender, fit and vibrant size 12. I am becoming a slender, fit and vibrant size 12. Every day I take action towards becoming a slender, fit and vibrant size 12.

If there's a LOT of resistance and trust me, there has been at times, I've had to strip it right back to:

I am developing the willingness to …
OR
I pray for the willingness to …

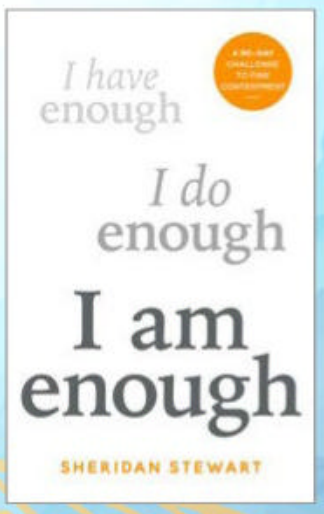
And here's the one that actually worked:

Today I choose the foods, thoughts and actions that promote healthy weight loss, excellent sleep, enhanced energy and inspired creativity.

And so it is. I used that affirmation daily during the 18 months it took to release the excess weight. It affirmed my willingness to take the required actions in present tense that would, over time, bring about the desired outcome. It also went beyond how I look and expressed how I wanted to feel and be.

I've decided to re-employ this affirmation!

Your words have the ability to inspire, to heal and to elicit joy. Words also have the ability to injure, hurt and undermine. Words are powerful, they take our thoughts out into the world. Use them wisely.



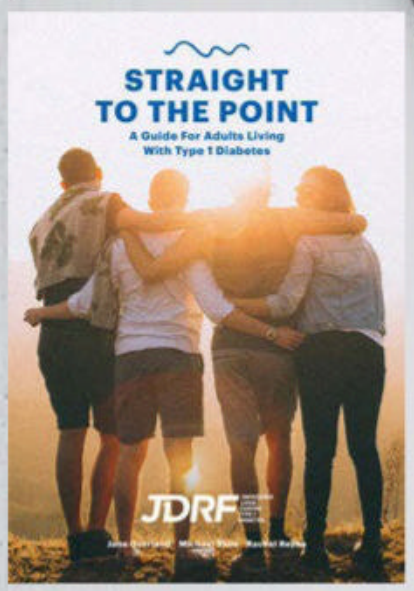
I Am Enough by Sheridan Stewart. Published by Aurum, RRP $29.99.

PUTTING THE me IN TEAM

You are not alone in your type 1 diabetes journey - gather a team of trusted health professionals who are there for every step

Living successfully with type 1 diabetes requires you to be fully in control of your diabetes management. Self-management means having a daily management plan, setting goals, solving problems, and taking responsibility. But it certainly doesn't mean you're on your own. Clear and ongoing communication between you and your diabetes team is essential for effective self-management.

The foundation for success is diabetes education. A thorough knowledge of diabetes and how to best manage it will give you the confidence and motivation to keep on top of your disease. Everyone is different, and decisions need to be made on a daily basis. This means your management plan must be tailored to suit your medical needs and goals, taking into account your resources and lifestyle. There are various health care professionals who can help you manage your diabetes. ➤



Straight to the Point is a free guide for adults living with T1D and you can download it here jdrf.news/STTP

CHECKLIST OF EXAMINATIONS & TESTS

From time of diagnosis

Time interval	Examinations & tests	Health professional to see
Immediately	• HbA1c • Blood pressure • Cholesterol • Coeliac disease • Thyroid function	Physical examination and blood test referral from your endocrinologist or physician
Every 3 months	• HbA1c • Blood pressure • Weight	Physical examination and blood test referral from your endocrinologist or physician
Every 6 months	• Dental exam	Dentist
Every year	• An influenza shot • Cholesterol blood test • Thyroid function • Coeliac disease	GP blood test referral from your endocrinologist or physician

Additional tests after having type 1 diabetes for more than 3 years

Time interval	Examinations & tests	Health professional to see
Every year	• Dilated eye examination • Foot examination	Optometrist/ ophthalmologist; Podiatrist

Additional tests after having type 1 diabetes for more than 5 years

Time interval	Examinations & tests	Health professional to see
Every year	• Microalbumin urine test (spot urine test) • Serum creatinine blood test	Blood and urine test referral from your endocrinologist or physician

FINDING THE RIGHT HEALTH PROFESSIONALS FOR YOU

Now you have diabetes, you should be under the ongoing care of a diabetes specialist or diabetes team. In all areas of your life you'll come across people you click with and others you don't; the same is likely to happen with diabetes health care professionals.

It's important to find a doctor or team you feel comfortable with, and with whom you can discuss your diabetes and concerns. You also need to like and trust them. If you don't, you have the right to seek care elsewhere. Be proactive about this or you're likely to stop going to your appointments, which may affect your long-term health.

It might take some time and a few false starts before you find the diabetes health professionals that suit you, but it's definitely worth persisting. You can use the internet or visit websites such as the Australian Diabetes Educators Association (adea.com.au) or Dietitian Association of Australia (daa.asn.au) to locate health care professionals in your area, or talk to your GP or friends who also have diabetes to see who they recommend. You can also seek advice from other people with diabetes through support sites such as JDRF's T1D Connect Facebook groups.

Your next step would be to ring around to inquire about what type of services people provide, waiting lists and cost of appointments. The final step is to try them out.

DIABETES EDUCATOR: Credentialled diabetes educators are a goldmine of information on diabetes and how to manage it in the real world. They can help you learn about taking insulin, blood glucose monitoring, foot care, physical activity, shift work adjustments and more.

DIABETES NURSE PRACTITIONER: Diabetes nurse practitioners fall somewhere between an endocrinologist and a diabetes educator. In addition to helping you learn about managing your diabetes in the real world, they can order or help arrange the routine investigations you need, as well as commence or adjust your treatment as required.

DIETITIAN: A specialist diabetes dietitian can provide you with information on food choices, portion sizes, glycaemic index (GI) and menu planning, taking into account your own preferences. Dietitians are a particularly useful resource if you also suffer from other conditions related to type 1 diabetes, such as coeliac disease.

ENDOCRINOLOGIST: An endocrinologist is a doctor who specialises in the endocrine system, which includes the pancreas and diabetes. You should see an endocrinologist at regular intervals – every three months at first, then less frequently when your diabetes is under control. You will have been treated by an endocrinologist if you were admitted to hospital and you can choose to see them or find a different specialist. As this will be a long-term relationship, it's a good idea to find an endocrinologist you like, who is conveniently located, and who you can contact for help when you're sick.

GENERAL PRACTITIONER (GP): Your GP will focus on your overall health. They can also provide you with referrals to other specialists.

PHARMACIST: Make friends with your local pharmacist! They'll keep a record of the medications you take and can inform you of any side effects or interactions. It might be a good idea to check out discount pharmacies too, to keep your pharmacy bill to a minimum.

PODIATRIST: As diabetes can affect circulation and sensation, feet are particularly vulnerable and need careful attention.

EXERCISE PHYSIOLOGIST: An exercise physiologist is a university trained professional who can help you in developing an exercise plan taking into consideration your diabetes.

PSYCHOLOGIST OR COUNSELLOR: Learning how to manage with type 1 diabetes can be a difficult and, at times, daunting experience. A counsellor can provide you and your partner or family with support as you adjust to living with type 1 diabetes.

OPHTHALMOLOGIST OR OPTOMETRIST: Eye damage from diabetes is very manageable with early intervention, so make sure you have an annual eye check-up.

A TRIBAL EXPERIENCE IN YUGAMBEH COUNTRY

TRENT LYON

“I’ll do anything I can to help reduce the stigma around diabetes”

WITH DEANNE MINNIECON FROM DIABETES AUSTRALIA

mystory

Trent Lyon might be Australia's first Aboriginal accredited exercise physiologist *and* credentialled diabetes educator (CDE), but he's passionate about making sure he's not the last. He shares why he's dedicated to giving back and why for him, helping people and communities living with diabetes is personal.

"It was soon after I joined Diabetes Australia in Queensland, working as an accredited exercise physiologist, that I saw my opportunity to become a credentialled diabetes educator.

"Prior to that, I'd been with the Institute for Urban Indigenous Health working at Aboriginal medical centres in southeast Queensland, which gave me an insight into the prevalence of diabetes in Indigenous communities.

"And around the same time, a few of my own family members were also being diagnosed with type 2 diabetes, which made me feel like 'okay, well if this is probably going to be my future too – which is something I believed in those days – if I can understand it better, then at least I'll know what I'm dealing with'.

"So after I began working at Diabetes Australia, it really felt like there was no better time to study and get qualified.

"There are around 28 CDEs who are Indigenous in Australia, so even being a part of that small group feels significant, but it's pretty special knowing I'm the first to hold both qualifications.

"That said, while I might be the first, I really hope I'm not the last. While there's something beautiful about being the minority sometimes, especially when it comes to speciality qualifications like this, I also think it's so important that we get to the point where it's no longer seen as something special."

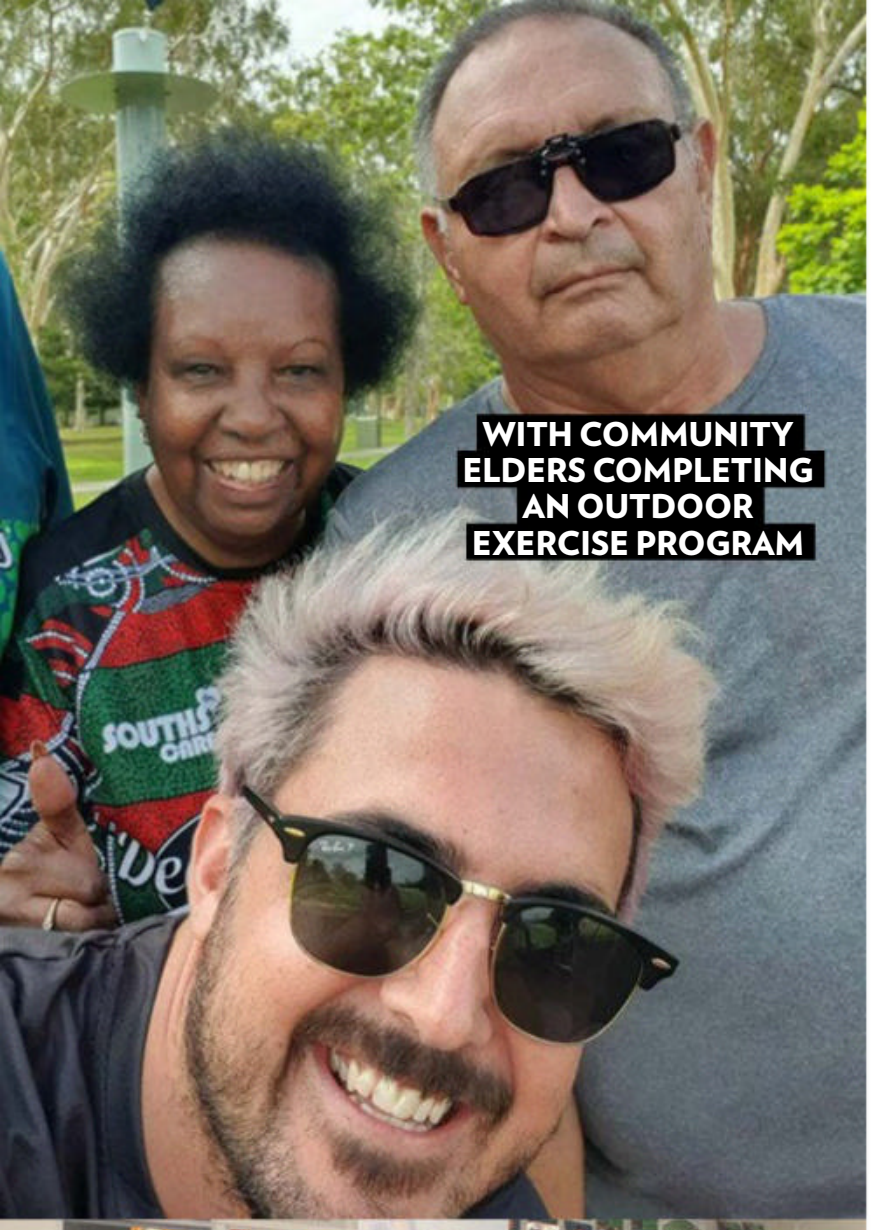
Feeling inspired to give back

"I've been living with anxiety and PTSD for about 17 years, but was only formally diagnosed four years ago.

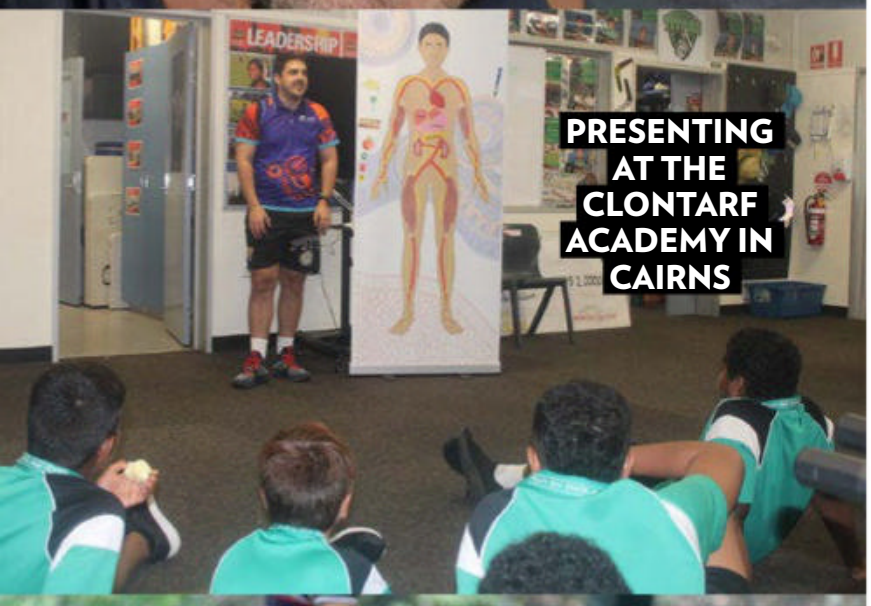
"When I was really struggling, my culture is the thing that helped me. Yugambeh is my country and Wanggeriburra, from around Tamborine in Southern Queensland, is my clan.

"Obviously I had medication and I spoke to professionals, but it was community that played such a large part in helping me get better. That's when I realised the importance of community and it's what made me want to be in a position to be able to give back to others.

"One of the things I love most about working for Diabetes Australia is what I get to do with the Aboriginal and Torres Strait Islander team, helping to educate CDEs who are educating community, about culture and diabetes. Bringing those cultural components to fellow CDEs as well as Aboriginal health workers, practitioners and nurses, helps them



WITH COMMUNITY ELDERS COMPLETING AN OUTDOOR EXERCISE PROGRAM



PRESENTING AT THE CLONTARF ACADEMY IN CAIRNS

GAMES AT THE DEADLY CHOICES LEADERSHIP CAMP

understand why the prevalence of diabetes is so high in Indigenous communities, but also how best to communicate with and relate to those communities.

"If that increases their interest as health professionals or means they're going to look at someone a little bit differently and be more equipped to help them, then that's really powerful down the road."

Looking to the future

"Ten times a year I head out to Charleville, in south-central Queensland, for a week to help run a diabetes clinic, as part of the Western Queensland Travelling CDE program.

"I go from being the one who's educating people working in these clinics, to being the person in the clinic, which is really cool and is such a contrast to my other roles.

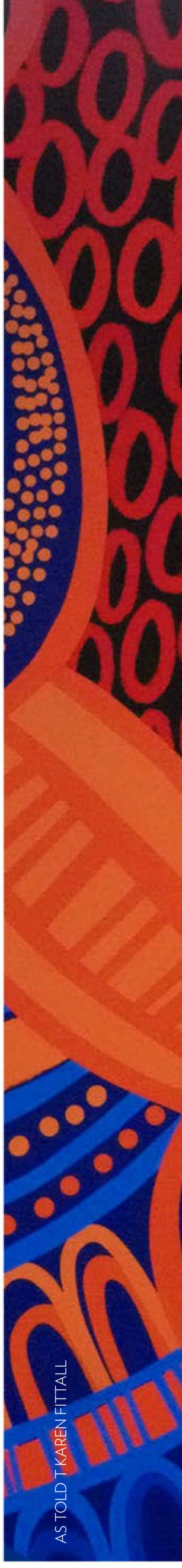
"I'm always keen to get back to community and there's no better community than a rural community like Charleville. It gives me the opportunity to work with individuals, many who are Indigenous, to break down what's happening for them, hear their stories, celebrate their successes and to walk alongside them throughout that journey.

"It's also a chance to reduce the stigma, especially around Indigenous culture and diabetes, but also about mental health, as well. I'm a pretty open book, particularly around my mental health and I do that to try and help other people realise it's okay to talk about these things.

"But my grandmother had type 2 diabetes and we never really spoke about it with her or as a family, because she felt a sense of shame about it. That meant she not only decided not to share it with us, she didn't take diabetes medication for a long period of time either. Eventually she had a major stroke and then kidney failure – two big events that were impossible to recover from.

"So I'll do anything I can to help reduce the stigma around diabetes and to take the sense of blame and shame away from the individual, as well as working to change that pattern of thinking type 2 diabetes is inevitable, because that alone will potentially help future generations.

"More than anything, I hope I can inspire and assist others to make healthy, positive changes within their life so that they have the chance to be the best they can be and making sure they're not falling into some of the stereotypes we see and hear about all the time."



AS TOLD TO KAREN FITTALL

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that M=2, F=17, and N=21. You can record each letter as you work it out in the letter checker at the bottom of the grid.

11	20	26	12	19	25	■	9	26	25	19	16	6	11	■	2	26	17	17	1	21
■	21	■	16	■	26	■	20	■	15	■	8	■	1	■	7	■	7	■	2	■
8	1	24	10	■	25	26	21	21	10	■	16	21	21	16	24	■	2	16	5	25
■	20	■	20	■	5	■	19	■	11	■	6	■	7	■	16	■	26	■	6	■
1	21	18	26	6	7	■	7	22	1	4	7	21	19	■	21	16	6	6	20	8
■	■	20	■	■	21	1	22	■	14	■	■	■	19	26	4	■	■	■	2	■
15	7	10	5	16	11	■	19	8	1	21	15	24	7	■	7	22	9	7	5	19
■	22	■	26	■	■	■	■	■	21	■	1	■	■	■	■	■	26	■	19	■
25	9	20	5	7	25	■	21	1	4	23	19	1	7	■	7	16	6	17	26	24
■	23	■	■	■	9	20	20	■	■	■	19	■	2	1	22	■	■	7	■	■
24	7	21	11	7	6	■	2	16	9	23	7	19	7	■	26	21	14	7	1	24
■	13	■	20	■	26	■	16	■	6	■	21	■	6	■	24	■	7	■	21	■
13	26	1	3	■	21	26	11	4	7	■	1	21	4	20	19	■	21	26	11	7
■	7	■	7	■	9	■	1	■	11	■	25	■	7	■	7	■	16	■	7	■
8	6	7	21	9	23	■	9	24	20	19	23	7	11	■	11	7	24	26	22	7

1	2 M	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17 F	18	19	20	21 N	22	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

11 Dietitian (12)
12 Urged (8)
13 Teacher (6)
14 Barefaced (9)
15 Of two (4)
16 Of Holland (5)
18 Boisterous revelry (9)
20 Hard resin of the pine (5)
23 Lookout (8)
24 Pennsylvania city (12)
26 Funeral attendant (10)
28 Protect (5)
30 Lose water (4)
31 Medication (4)
32 Call on (5)
34 Resolute (10)
35 Increasing speed (12)
37 Dog on the Tuckerbox town (8)
39 Drink noisily (5)
41 Disgusting, disagreeable (9)
42 Tire (5)
45 Fair (4)
46 Hoodwinks, outwits (9)
48 Biased, unjust (6)
50 Room heater (8)
51 Spirit-making establishments (12)

DOWN

1 Calmness (8)
2 Worry, panic (4)
3 Narrative read at bedtime (5)
4 British parliamentary division (5,2,5)
5 Flaky mineral (4)
6 Trying (10)
7 Raw cane sugar (8)
8 Be quiet! (5)
9 Chocolate frog (6)
10 Re-educate (12)
17 Mail order brochure (9)
19 Great (5)
21 Face-to-face meeting (9)
22 Aroma-masking agent (9)
25 Beat abnormally (9)
27 Of farming (12)
29 Hostile (12)
33 Designed for a particular purpose (6-4)
34 Finger or toe, eg (5)
36 Gap, opening (8)
38 Companies running passenger planes (8)
40 Keep (6)
43 Time period (5)
44 Totally (5)
47 Teething biscuit (4)
49 River crossing (4)

4	5	7						8
	3		8			9		
	2			1		5		
				4				6
2			7		9			1
8				2				
		2		7			4	
		9			1		7	
7						8	5	3

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

Code Cracker

D	O	U	B	T	S	■	C	U	S	T	A	R	D	■	M	U	F	F	I	N
■	N	■	A	■	U	■	O	■	K	■	W	■	I	■	E	■	E	■	M	■
W	I	L	Y	■	S	U	N	N	Y	■	A	N	N	A	L	■	M	A	P	S
■	O	■	O	■	P	■	T	■	D	■	R	■	E	■	A	■	U	■	R	■
I	N	J	U	R	E	■	E	X	I	G	E	N	T	■	N	A	R	R	O	W
■	■	O	■	■	N	I	X	■	V	■	■	■	T	U	G	■	■	■	M	■
K	E	Y	P	A	D	■	T	W	I	N	K	L	E	■	E	X	C	E	P	T
■	X	■	U	■	■	■	■	■	N	■	I	■	■	■	■	■	U	■	T	■
S	C	O	P	E	S	■	N	I	G	H	T	I	E	■	E	A	R	F	U	L
■	H	■	■	■	C	O	O	■	■	■	T	■	M	I	X	■	■	E	■	■
L	E	N	D	E	R	■	M	A	C	H	E	T	E	■	U	N	V	E	I	L
■	Q	■	O	■	U	■	A	■	R	■	N	■	R	■	L	■	E	■	N	■
Q	U	I	Z	■	N	U	D	G	E	■	I	N	G	O	T	■	N	U	D	E
■	E	■	E	■	C	■	I	■	D	■	S	■	E	■	E	■	A	■	E	■
W	R	E	N	C	H	■	C	L	O	T	H	E	D	■	D	E	L	U	X	E

1 I	2 M	3 Z	4 G	5 P	6 R	7 E	8 W	9 C	10 Y	11 D	12 B	13 Q
14 V	15 K	16 A	17 F	18 J	19 T	20 O	21 N	22 X	23 H	24 L	25 S	26 U

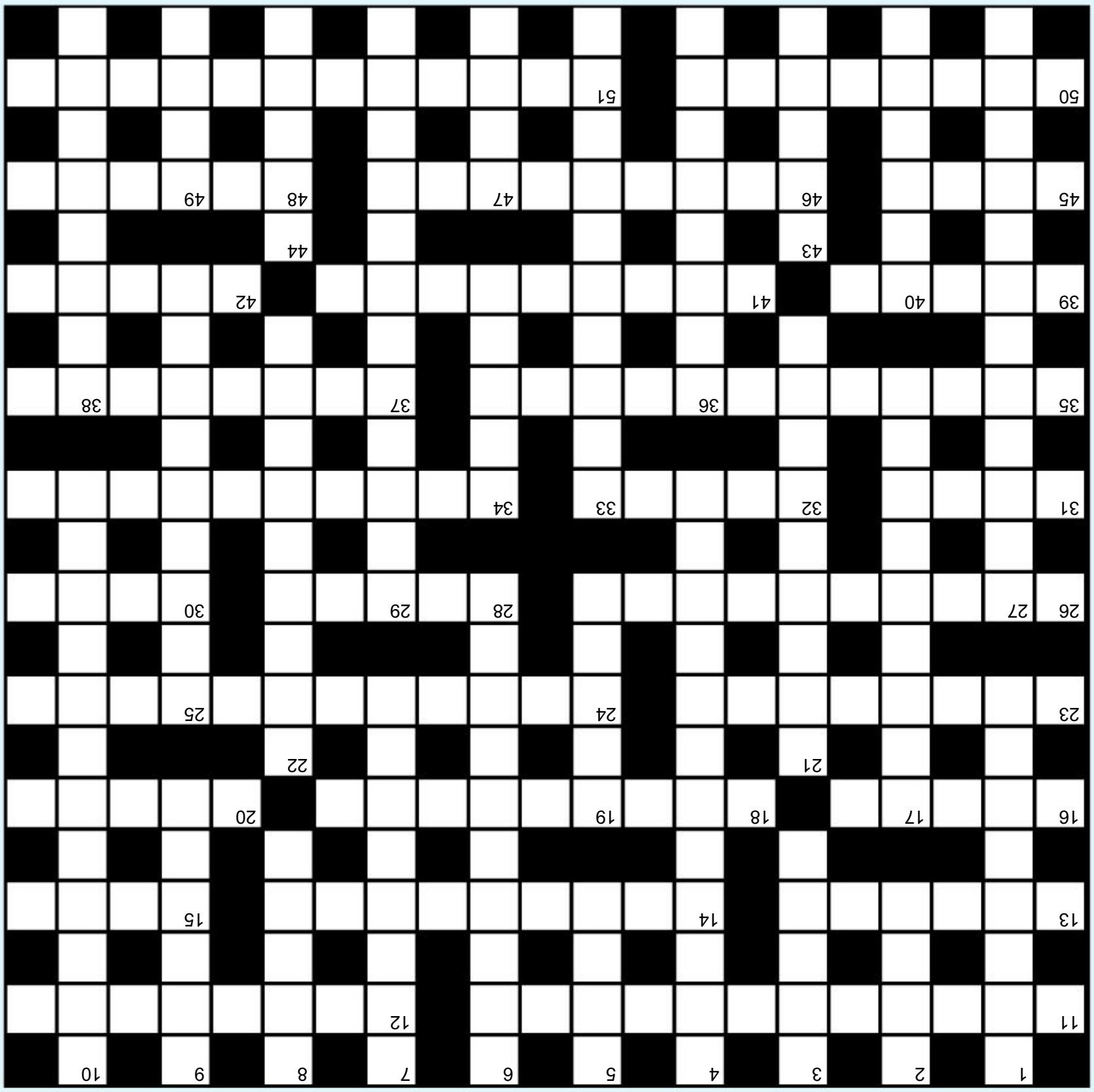
Sudoku

4	5	7	9	6	2	3	1	8
6	3	1	8	5	7	9	2	4
9	2	8	4	1	3	5	6	7
1	7	3	5	4	8	2	9	6
2	6	5	7	3	9	4	8	1
8	9	4	1	2	6	7	3	5
3	8	2	6	7	5	1	4	9
5	4	9	3	8	1	6	7	2
7	1	6	2	9	4	8	5	3

Crossword

Across: **11** Nutritionist, **12** Exhorted, **13** Mentor, **14** Shameless, **15** Dual, **16** Dutch, **18** Horseplay, **20** Rosin, **23** Sentinel, **24** Philadelphia, **26** Pallbearer, **28** Guard, **30** Leak, **31** Drug, **32** Visit, **34** Determined, **35** Accelerating, **37** Gundagai, **39** Slurp, **41** Revolting, **42** Weary, **45** Just, **46** Outsmarts, **48** Unfair, **50** Radiator, **51** Distilleries.
Down: **1** Quietude, **2** Fret, **3** Story, **4** House Of Lords, **5** Mica, **6** Attempting, **7** Demerara, **8** Shush, **9** Freddo, **10** Rehabilitate, **17** Catalogue, **19** Super, **21** Interview, **22** Deodorant, **25** Palpitate, **27** Agricultural, **29** Antagonistic, **33** Tailor-Made, **34** Digit, **36** Aperture, **38** Airlines, **40** Retain, **43** Month, **44** Fully,**47** Rusk, **49** Ford.

Turn upside down for puzzle solutions



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Alix

Alix Davis, Editor

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29 Crunchy peanut butter & banana pots
58 Peanut butter & raspberry overnight oats
27 Porridge with apple, raisins & walnuts
28 Smoky mushroom & potato hash with oaty thins

LIGHT MEALS & SNACKS

83 60-second lunch
60 Bang bang chicken cups
83 Chocolate & banana fruit toast
78 Easy banana muffins
83 Spiced cauliflower bites
83 Sweet potato fries with tzatziki
80 Wholemeal pumpkin muffins

MAINS

39 Capsicum & mushroom socca pizza
32 Carrot & lentil soup with feta
62 Chicken arrabbiata stew & parmesan dumplings
51 Chicken & tomato risotto
17 Chicken with crushed harissa chickpeas
58 Chilli chicken with peanut noodles
35 Cod & olive tagine with brown rice
41 Corn, coconut & lentil chowder
20 Corn fritters with chipotle cod
30 Curried noodles
69 Healthy meatloaf with spaghetti sauce
66 Lamb & mango curry
44 Lemon & spinach rice with feta
18 Meatballs with creamy mushrooms & mash
34 One-pot capsicum pasta
43 One-pan spinach, eggs & tomatoes
51 Orange & salmon soy parcels
42 Oven-baked bhajis
58 Peanut butter rainbow rice
18 Pesto salmon pasta bake
49 Prawn laksa noodle soup
72 Rosti-topped lamb & rosemary pie
31 Sardine kedgeree
37 Spiced chicken egg wraps
33 Spinach & tuna omelette
52 Sweet potato & black bean chilli
70 Squid, prawn & chickpea stew
70 Thai pork & peanut curry
66 Vegetable curry
52 Vegetarian mug lasagne
40 Vegie pasta one-pot
45 Warm cauliflower salad
20 West Indian spiced eggplant curry
36 Whole roast chicken with braised vegetables & peas

DESSERTS

74 Almond berry baked oats
60 Banana & peanut butter ice-cream
77 Healthy chocolate brownies
73 Mulled hot chocolate
80 Orange & caramel custard tart

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb · Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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